

Training

for the Gate River Run

(Just to complete the race)

This is an eight-week training schedule designed to get you ready to complete the 9.3 mile Gate River Run. You don't have to be a hard-core runner to participate in this event, just someone in decent physical condition. The schedule below gives you the amount of miles you should run each day for the eight-week period. Your goal should be to elevate your heart rate to 60% to 70% of its maximum for about thirty minutes three to four times a week with an extended run once a week. Good Luck!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week total
Jan 16th	2	0	2	3	0	3	3	13 miles
Jan 23rd	2	0	2	3	0	3	4	14
Jan 30th	3	0	3	3	0	3	4	16
Feb 7th	3	0	3	3	0	3	5	17
Feb 14th	3	0	3	4	0	3	5	18
Feb 21st	3	0	3	4	0	3	6	19
Feb 28th	3	0	3	4	0	3	7	20
Mar 7th	0	2	2	0	0	RR	0	16.3