



# DASH AND SPLASH

## VIRGINIA BEACH

### 4 MILER TRAINING PROGRAM



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1: November 29, 2021	15 Minutes	Rest	20 Minutes	15 Minutes	Rest/Cross-train	25 Minutes	Rest
2: December 6, 2021	20 Minutes	Rest	25 Minutes	15 Minutes	Rest/Cross-train	30 Minutes	Rest
3: December 13, 2021	20 Minutes	Rest	30 Minutes	30 Minutes	Rest/Cross-train	2 Miles	Rest
4: December 20, 2021	30 Minutes	Rest	2 Miles	2 Miles	Rest/Cross-train	3 Miles	Rest
5: December 27, 2021	3 Miles	Rest	3.5 Miles	2.5 Miles	Rest/Cross-train	4 Miles	Rest
6: January 3, 2022	2.5 Miles	Rest	3 Miles	2.5 Miles	Rest/Cross-train	4 Miles	Rest
7: January 10, 2022	3 Miles	Rest	4 Miles	3 Miles	Rest/Cross-train	5 Miles	Rest
8: January 17, 2022	3.5 Miles	Rest	4 Miles	3 Miles	Rest/Cross-train	5 Miles	Rest
9: January 24, 2022	3 Miles	Rest	3.5 Miles	2.5 Miles	Rest/Cross-train	4 Miles	Rest
10: January 31, 2022	3 Miles	Rest	3 Miles	Rest	Rest/Cross-train	RACE DAY	Rest

## TRAINING NOTES

- The ten-week training period begins on Monday, November 29
- The program lists both miles and minutes. Don't worry about distance with the timed runs. For non-runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking. (ex. Run 2 minutes, Walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go by experimenting with different run/walk ratios to find the one you are the most comfortable with and which will enable you to complete the listed distance.
- If you do not have a measured course where you most often run or walk, use time instead - based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12-minute mile, stay running for 24 minutes.
- Your schedule incorporates 4 days a week of running and walking, two days a week to rest, and one day a week to rest or cross-train. Cross-training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross-training.
- The long distances on Saturdays are the key workouts. Again, do not worry about the distance - just run or walk for that time. These workouts should be slow! You should be able to carry a reasonable conversation without huffing and puffing. If Saturday is not a convenient day for your long run, move it to a different day and adjust the rest of the schedule accordingly.
- If you miss a day or two - don't panic! The best part of the schedule is the flexibility.
- Good luck and have fun!