



Novice Training Schedule to Run 7.46 miles
Exclusively for the Bay to Breakers
<http://GoWOWTeam.com>
<http://meetup.com/gowowteam>
Contact CoachStephanie@gowowteam.com

New Options for the Running Club Challenge 2010

Following last year's successful Running Club Challenge, ING Bay to Breakers is excited to announce the 2010 Running Club Challenge! In collaboration with local running clubs that have made ING Bay to Breakers a world class race, a new entry option is now available for club members. Become a part of history by running the 99th ING Bay to Breakers 12k on May 16!

Cost for running club members who choose to participate in the Running Club Challenge:

- \$39 Early registration – January 16-March 31**
- \$43 Standard registration – April 1-May 14**
- May 14 – Last day for Running Club registration.**

ING Bay to Breakers will continue to implement start line corral placement. During registration, all athletes are required to indicate an estimated finish time in order to be placed in the appropriate corral to ensure a fast and fair start. Be sure to select the "Running Club Challenge" at the start of registration.

The Running Club Challenge will have two divisions: speed and size. Speed is the total time of a club's top 5 runners and size is the overall number of people in each club. Note: Centipedes (a group of 13 runners tethered together) are counted in the size category, but not the speed category. When you register for the Running Club Challenge, you will be automatically tracked by "club" based on your unique club code.

Here is your exclusive password for your club and is only valid online for members of your club and cannot be combined with other offers or processed through paper forms:

Enter this code when promoted: **WOW2010B2B**
Register here: <http://www.ingbaytobreakers.com/register>



6 Week Novice to Intermediate Walk or Walk/Run Training Program for Bay to Breakers

Provided by The WOW Team

WEEK 1 April 6 – 12, 2010

MONDAY	REST
TUESDAY	Walk/Run for 40 minutes
WEDNESDAY	Walk briskly for 50 minutes
THURSDAY	REST
FRIDAY	Walk/Run for 45 minutes
SATURDAY	REST or X-train (up to 60 minutes)**
SUNDAY	Walk/Run 3 miles – Start with 1 easy miles, 2 miles at 2 minutes hard/2 minutes easy. This could mean walking or running or a combination of both

WEEK 2 April 13 - 19

MONDAY	REST
TUESDAY	Run/Walk 60 minutes easy
WEDNESDAY	Walk briskly for 45 minutes or X-Train
THURSDAY	Run/Walk 90 minutes easy
FRIDAY	Walk briskly for 45 minutes or X-Train
SATURDAY	REST
SUNDAY	Run/Walk 4 miles at 1 easy, 2 miles at 2/2, 1 easy

WEEK 3 April 20 - 26

MONDAY	REST
TUESDAY	Run/Walk 60 minutes easy
WEDNESDAY	Walk briskly for 45 minutes or X-Train
THURSDAY	Run/Walk 90 minutes easy
FRIDAY	Walk briskly for 45 minutes or X-Train
SATURDAY	REST
SUNDAY	Run/Walk 5 miles at 1 easy, 3 miles at 2/2, 1 easy

WEEK 4 April 27 – May 2

MONDAY	REST
TUESDAY	Run/Walk 60 minutes easy
WEDNESDAY	Walk briskly for 45 minutes or X-Train
THURSDAY	Run 50 minutes
FRIDAY	Walk briskly for 45 minutes or X-Train
SATURDAY	REST
SUNDAY	Run/Walk 6 miles at 1 easy, 4 miles at 2/2, 1 easy

WEEK 5 May 3 - 9

MONDAY	REST
TUESDAY	Run/Walk 50 minutes easy
WEDNESDAY	Walk briskly for 50 minutes
THURSDAY	REST or X-Train
FRIDAY	Run/Walk 60 minutes easy
SATURDAY	REST
SUNDAY	Run/Walk 7 miles 1 easy, 2 miles at 2/2, 1 easy

WEEK 6 May 10 - 16

MONDAY	REST
TUESDAY	Run/Walk 60 minutes easy
WEDNESDAY	Walk briskly for 45 minutes
THURSDAY	REST
FRIDAY	Run/Walk 50 minutes easy
SATURDAY	REST
SUNDAY	RUN/Walk YOUR RACE!! (Walk when you need to) Go the distance!! Hurrah!!

Details * You are building up your endurance at this time. Walk as much as necessary but try to intersperse running when feasible
****X-Training** refers to other kinds of exercise. This could be biking, hiking, swimming, yoga, gym workouts, etc. One of the benefits of cross training is that it uses different muscle groups and provides a change of "pace" **Stretching** Always allow time for stretching after you run!

