This is an example week of early base period

• Sunday - easy run, optional

• Monday –distance is 75% of long run

• Tuesday – Core work and distance is 50% of long run

• Wednesday –distance is 75% of long run

• Thursday – Core work and distance is 50% of long run

• Friday –distance is 50% of long run

• Saturday – Long run, distance is 25% of total weekly mileage

This is how you divide up your mileage through the week. Take weekly total mileage and multiply by .25 to get 25% of total weekly mileage. This will be your long run. The rest of your runs will be a percentage of your long run.

10 Week Base Building Schedule

WEEKLY MILEAGE CHART

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK #** | C | D | E | F | G |
| **1** | 36 | 30 | 24 | 18 | 15 |
| **2** | 39.5 | 33 | 26.5 | 19.75 | 16.5 |
| **3** | 43.5 | 36.25 | 29 | 21.75 | 18 |
| **4** | 47.75 | 39.75 | 32 | 24 | 20 |
| **5** | 52.5 | 39.75 | 32 | 24 | 20 |
| **6** | 52.5 | 43.75 | 35.25 | 26.5 | 22 |
| **7** | 57.75 | 43.75 | 35.25 | 26.5 | 22 |
| **8** | 57.75 | 48 | 38.75 | 29 | 24.25 |
| **9** | 60 | 48 | 38.75 | 29 | 24.25 |
| **10** | 60 | 50 | 40 | 30 | 25 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

This is a suggested schedule for experienced or returning runners. If you are just starting out you may need to start one or two levels lower than your suggested grade level. Conditioning takes time, there are no short cuts. If you want to become a better runner it takes time to gradually build up your aerobic ability. The bigger you build your aerobic base the more you will get out of the faster training later in the season and the faster you will be able to run.