

let's go.



# CROSSFIT HYANNIS 5 WEEK GENERAL RUNNING PROGRAM

## Objective:

Increase overall aerobic capacity. Get outside. Learn about your own pacing, pushing, recovering. Add structure to your run training.

## Training:

-3x per week: Time Intervals; Distance Intervals; Long, Slow Steady Work  
-If you're feeling it add 1-2x per week an additional 10-30 minute light jog or walk- this should feel EASY, EASY, EASY. Additional options for these sessions include wearing a weight vest or taking these light jogs/walks to the trail or beach. But remember the goal here is EASY movement.

## Pace, Push, Recover, Improve:

When a lot of novice runners decide they want to improve they don't know where to start. So they just go out and run for a set amount of time or certain distance- and there's nothing wrong with that. Getting time on your feet and miles in is important, particularly when training for longer distances or a particular race. But learning how to pace, push, and recover is of HUGE benefit to not only your running but can also greatly benefit your overall fitness. This program will ask you to challenge yourself and go beyond just mindlessly pounding the pavement. Put the time and effort in and you'll see the payoff.

## General Suggestions:

- The term "run" is relative. For some it's a lot faster, for some it may be a fast walk. Do what you can with what you've got and give your full effort and energy. If you are more of a beginner, scale the distances and/or rounds to your level (and if you need help with that reach out).
- Take the time to warm up. The goal of a warm up is to wake your body up and prep you for the activity you are about to do- get your muscles moving and your heart pumping. The more intense the session (typically shorter distances with faster paces) the more warm you need to be- dynamic movements (high knee skip, butt kickers, straight leg skip, etc.) and light jogging are a good place to start. For the longer "steady" sessions, a warm up is still a good idea but typically you can do a quick warm up and get moving. Know your body and what it requires and adjust your warm up as needed.
- Track your times and progress.
- If you have access to a track that's great, but certainly don't obsess over it. If possible, take some time to identify what a 200m, 400m, 800m and mile route are at wherever you will be doing your running. Even if it's not exact- if you use the same markings each time you will be able to compare your own times. Don't let that be an excuse to not do the work.
- Anytime it says "rest"- you may either walk or fully rest during that time. Focus on regaining control of your breathing and getting ready to attack your next interval.

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	Day One	Day Two	Day Three
Week One:	<p>2 x 5:00 Run/ 2:00 Rest THEN: 5 x 1:00 Run/ :30 Rest</p> <p>*Work for max distance/speed on each interval. Push it, but try to remain consistent with the previous interval.</p> <p>*Note the approximate distance you covered (but don't worry if you don't have the exact distance marked).</p>	<p>3 Rounds 800m Rest :60 600m Rest :60 400m Rest :60 200m</p> <p>Rest 3:00 between rounds.</p> <p>*Aim to increase speed with each interval as the distance decreases, while remaining consistent from round to round.</p>	<p>Steady 30-40 minute run, walk, or jog.</p> <p>*Move for 30-40 minutes at a sustainable, aerobic pace. This shouldn't feel "hard."</p>

	Day One	Day Two	Day Three
Week Two:	<p>2 x 8:00 Run /2:00 Rest THEN: 4 x 2:00 Run/:30 Rest</p> <p>*Work for max distance/speed on each interval. Try to remain consistent with the previous interval.</p> <p>*Note the approximate distance you covered.</p>	<p>6-8 x 400m Run 2:00 Rest between each</p> <p>*If you know your mile PR pace- run these at that pace. If you don't, it should feel like you are pushing each 400m, but able to keep your pace from one interval to the next.</p> <p>*Goal is 8 intervals, but if your pace drops off significantly, do 5-6 intervals. No less than 5.</p>	<p>Steady 30-40 minute run, walk, or jog.</p> <p>*Move for 30-40 minutes at a sustainable, aerobic pace.</p>

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	Day One	Day Two	Day Three
Week Three:	<p>2 x 10:00 Run /2:00 Rest</p> <p>THEN:</p> <p>4 x 3:00 Rest /:60 Rest</p> <p>*Work for max distance/speed on each interval. Try to remain consistent with the previous interval.</p> <p>*Note the approximate distance you covered.</p>	<p>5 x 800m Run</p> <p>3:00 Rest between each</p> <p>* Stay in control. Time each interval- push it but stay consistent. Don't let yourself off the hook.</p>	<p>Steady 40-50 minute run, walk, or jog.</p> <p>*Move for 40-50 minutes at a sustainable, aerobic pace.</p>

	Day One	Day Two	Day Three
Week Four:	<p>4 Rounds</p> <p>800m</p> <p>Rest 2:00</p> <p>4 x 200m</p> <p>Rest 15s between each 200m</p> <p>Rest 2 minutes between rounds.</p> <p>*Steady on the 800m, see how you can push and recover on the 200m.</p> <p>(This is 4 miles total of running).</p>	<p>"Tosh"</p> <p>3 Rounds</p> <p>200m Run</p> <p>400m Run</p> <p>600m Run</p> <p>*Rest how long it took you. (So if it takes you 1:00 to run 200m, rest 1:00 before running the 400m, if it takes you 2:05 to run the 400m rest 2:05 before the 600m, etc.)</p>	<p>Steady 40-50 minute run, walk, or jog.</p> <p>*Move for 40-50 minutes at a sustainable, aerobic pace.</p>

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	Day One	Day Two	Day Three
Week Five:	<p>18 Rounds :60 Run/:20 Rest</p> <p>Rest 3:00 after the last round then finish with 50 burpees for time.</p> <p>Push every round, then breath through the :20 recovery. Push the burpees.</p>	<p>3-5 x 1 Mile Run 4:00 Rest between each</p> <p>*Push your pace. Goal is 5 intervals, but if your pace drops off significantly, do 3-4 intervals. No less than 3.</p>	<p>Steady 40-60 minute run, walk, or jog.</p> <p>*Move for 40-60 minutes at a sustainable, aerobic pace.</p>

Go forth and dominate.

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