



FUNdamentals of Running

*Training Program Workbook
Printable Version*

Pre Program Quantitative Measures

Select a distance for your baseline data.

- One mile.
- 5K (3.1 miles)
- 10K (6.2 miles)
- Half-marathon (13.1 miles)¹
- Other: _____

Record Your Results

(Answer the first three before you run.)

Date and Method of Data Collection:

What are the weather conditions like?

How are you feeling now, before you start?

How did you feel while you were running?

How did you feel afterwards?

¹ Please do not select the half-marathon distance if you haven't already built-up a running base of at least 15 miles per week.

My Program Goals

I've given you lots of qualitative and quantitative measures from which you can construct some program goals. Follow the SMART guidelines.



How to Write a Smart Goal:

- Specific: clear and concise
- Measureable: can track your progress
- Achievable: attainable yet challenging
- Relevant: aligns to your overall life plan
- Timely: has a target finish time attached

Examples

Decide whether or not each goal fits all of the SMART goal criteria:

- By the end of this program, I will be able to run a half-marathon in under three hours, without stopping to walk for more than one minute at a time.
- As a current walker, I will be able to run/walk a 5K six weeks from now, in under 45 minutes.
- I want to be able to run better.

(Answer: The third one isn't complete-it's not specific enough nor measureable, and it doesn't have a finish time.)

My Program Goal(s)

Write as many SMART goals as you'd like for the program:

Training Week 1: Optimize Your Cadence

Try to complete the workouts in order, if possible. Record the dates and your thoughts/feelings in the table.

Session 1: Learn About

This 30-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat 1-minute of running with 30-seconds of walking for twenty minutes. Note: the final running section is two minutes long!

Session 2: Practice

This 30-minute session is identical to the Learn About session, only you will have fewer coaching prompts so that you can try to apply what you learned in the first session on your own.

Session 3: Speed Work

This 15^{1/2}-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat three intervals of 30-seconds of running/1-minute of walking. Each 30-second running interval is at a very fast/sprinting pace.

Session 4: Tempo Run

This 15-minute session is the same workout every week. The only difference is in the coaching prompts. Start your watch/app when the warm-up ends and stop it when the cool-down begins. This way, you can compare your results for the 5-minute running portion from week to week, as an interim performance benchmark.

Record Your Week 1 Data in the Table Below:

Session	Date Completed	Notes
Learn About		
Practice		
Speed Work		
Tempo		
Cross Training:		
Strength/Conditioning:		

Training Week 2: Maximize Your Stride

Try to complete the workouts in order, if possible. Record the dates and your thoughts/feelings in the table.

Session 1: Learn About

This 30-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat 1-minute of running with 30-seconds of walking for twenty minutes. Note: the final running section is two minutes long!

Session 2: Practice

This 30-minute session is identical to the Learn About session, only you will have fewer coaching prompts so that you can try to apply what you learned in the first session on your own.

Session 3: Speed Work

This 17-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat four intervals of 30-seconds of running/1-minute of walking. Each 30-second running interval is at a very fast/sprinting pace.

Session 4: Tempo Run

This 15-minute session is the same workout every week. The only difference is in the coaching prompts. Start your watch/app when the warm-up ends and stop it when the cool-down begins. This way, you can compare your results for the 5-minute running portion from week to week, as an interim performance benchmark.

Record Your Week 2 Data in the Table Below:

Session	Date Completed	Notes
Learn About		
Practice		
Speed Work		
Tempo		
Cross Training:		
Strength/Conditioning:		

Training Week 3: Injury-Proof Your Form

Try to complete the workouts in order, if possible. Record the dates and your thoughts/feelings in the table.

Session 1: Learn About

This 30-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat 1-minute of running with 30-seconds of walking for twenty minutes. Note: the final running section is two minutes long!

Session 2: Practice

This 30-minute session is identical to the Learn About session, only you will have fewer coaching prompts so that you can try to apply what you learned in the first session on your own.

Session 3: Speed Work

This 18 ¹/₂-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat five intervals of 30-seconds of running/1-minute of walking. Each 30-second running interval is at a very fast/sprinting pace.

Session 4: Tempo Run

This 15-minute session is the same workout every week. The only difference is in the coaching prompts. Start your watch/app when the warm-up ends and stop it when the cool-down begins. This way, you can compare your results for the 5-minute running portion from week to week, as an interim performance benchmark.

Record Your Week 3 Data in the Table Below:

Session	Date Completed	Notes
Learn About		
Practice		
Speed Work		
Tempo		
Cross Training:		
Strength/Conditioning:		

Training Week 4: Putting it All Together

Try to complete the workouts in order, if possible. Record the dates and your thoughts/feelings in the table.

Session 1: Learn About

This 30-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat 1-minute of running with 30-seconds of walking for twenty minutes. Note: the final running section is two minutes long!

Session 2: Practice

This 30-minute session is identical to the Learn About session, only you will have fewer coaching prompts so that you can try to apply what you learned in the first session on your own.

Session 3: Speed Work

This 20-minute session starts with a 5-minute warm-up walk and ends with a 5-minute cool-down walk. In between, you'll repeat six intervals of 30-seconds of running/1-minute of walking. Each 30-second running interval is at a very fast/sprinting pace.

Session 4: Tempo Run

This 15-minute session is the same workout every week. The only difference is in the coaching prompts. Start your watch/app when the warm-up ends and stop it when the cool-down begins. This way, you can compare your results for the 5-minute running portion from week to week, as an interim performance benchmark.

Record Your Week 4 Data in the Table Below:

Session	Date Completed	Notes
Learn About		
Practice		
Speed Work		
Tempo		
Cross Training:		
Strength/Conditioning:		

My Program Performance

Post Program Quantitative Measures

What was your pre program baseline distance (from page 2)? _____

Record Your Results

Date and Method of Data Collection:

Weather Conditions:

How you were feeling before you started:

While you were running:

Afterwards:

How long did it take you to complete? _____

Other data/thoughts or feelings (cadence, stride length, pace, etc.):
