



# 100-Minutes to a Faster You

## Training Plan

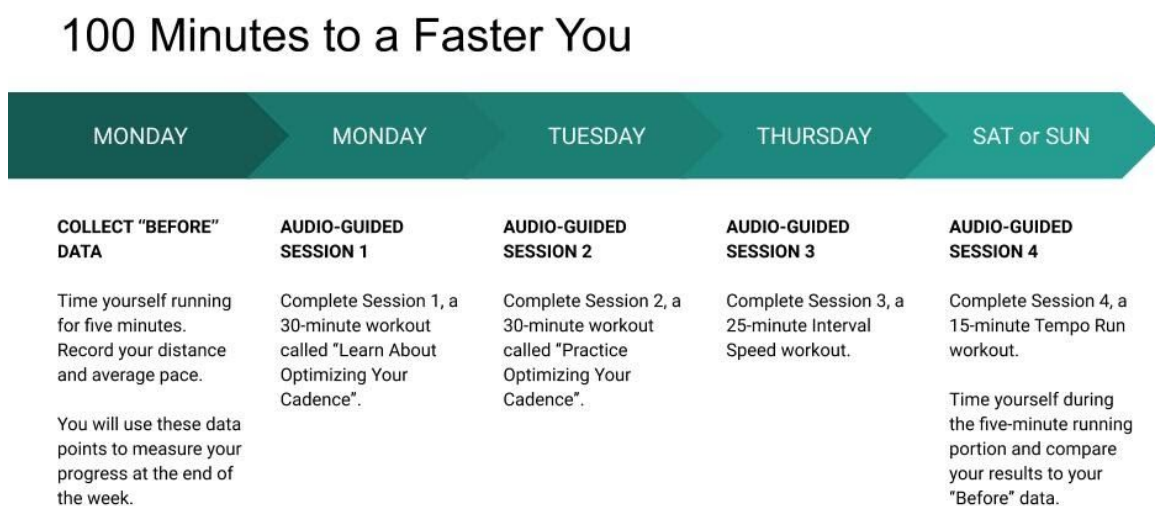
*For best results, print this document and use it to record your progress throughout the program.*

## Introduction

This is probably the shortest training program you'll ever try. But that's OK—We guarantee you'll be running faster after just one week!

The **100-Minutes to a Faster You Training Program** is based on a run/walk training methodology, so you'll be alternating running with walking for most of the sessions. The key is to focus on improving your cadence and form while you're running, and to use the walking portions of each workout for rest and recovery.

## Here's How it Works



First, you'll do a five-minute run on your own, to use as your "before" data point. Then, you'll complete four workouts that total 100 minutes. You'll use the fourth and final workout to collect your "after" data point, to see if you've improved.

You'll be accessing the workouts from links that are provided in your [Off to a Running Start Pro Membership](#).

## 100 Minutes to a Faster You Program Steps

### Step 1: Getting Your Gear in Order

Similar to a Peloton workout (if you're familiar with those), you'll need to be able to run while accessing the workouts on a device, in this case your smartphone. The workouts are audio files, so you don't need to look at the screen. Just make sure you have a way to carry your phone (in your hand or a pocket should do) and a comfortable pair of headphones.

*IMPORTANT TIP: Please make sure that any time you run with headphones that you're doing so in a safe place and not close to road traffic or other hazards. Otherwise use bone-conducting headphones (like [Aftershokz](#)), or keep one earpiece in and take one out so you can hear your surroundings.*

You'll also want to track your running time, distance and pace. The easiest way to do this is with a free running app (like [Strava](#) or [Runtastic](#)) or if you have a Garmin watch and use [Garmin Connect software](#), that would be even better.

Once you have your gear in order, move on to the next step.

## Step 2: Review the 100 Minutes to a Faster You Training Plan

### 100-Minutes to a Faster You Training Plan

Use the table below to plan out your week. If you can't run on the specific days suggested, try to complete one session per day and allow for at least one day of rest between the Speed Work and Tempo Run sessions.

| Monday   | Monday   | Tuesday   | Thursday  | Saturday or Sunday   |
|--|--|---|---|--|
| <b>Data Collection Run</b>                                   | <b><a href="#">Session #1: Learn About</a></b><br>(30 minutes) | <b><a href="#">Session #2: Practice</a></b><br>(30 minutes) | <b><a href="#">Session #3: Speed Work</a></b><br>(25 minutes) | <b><a href="#">Session #4: Tempo Run</a></b><br>(15 minutes) |
| Run for five minutes on your own. Record your results below. | Learn about optimizing your cadence.                           | Practice what you learned in the first session.             | Alternate walking with fast bursts of high cadence.           | Run for five minutes at a controlled cadence.                |
| Date:  | Date:  | Date:   | Date:   | Date:  |
| Distance:  |  |   |   | Distance:  |
| Pace:  |  |   |   | Pace:  |

## Step 3: Start Running!

Here are the details about each session you'll be completing. To access the workouts online, click this link or type it into your browser on your phone: <https://tinyurl.com/100MTAFY>.

### **Data Collection Run (no link necessary)**

You're going to complete the first run totally on your own, with no audio file to guide you. To complete this session, you'll record yourself using your running app while running for five minutes, at a comfortably-hard pace (not race-pace but as fast as you can comfortably run for that length of time).

Make sure you warm-up for a few minutes before you start by walking or jogging slowly. When you're ready to run, start your app and start running. (Don't record your warm-up or cool-down.) Run for five minutes and then stop the app. Make sure the app recorded your distance and pace (and that it shows that your time was right around five minutes). Record the date and your results in the first column of the Training Plan table above.

## **Tutorial & [Session 1](https://tinyurl.com/orstutorial): Learn About Optimizing Your Cadence**

The Tutorial: <https://tinyurl.com/orstutorial>

Because you have to listen to the music and "step to the beat" when you walk and run for the following sessions, you may find this five-minute tutorial helpful. You can try it on the same day that you do your first session.

Session 1: This 30-minute session starts with a 5-minute warm-up walk, then alternates one minute of running with 30 seconds of walking for the next 20 minutes, and ends with a five-minute cool-down walk. During the session you'll learn about cadence and stride, two things you must master while trying to improve your speed. During the session you'll also learn how to run with proper form to decrease your chances of incurring a running-related injury.

Record the date you completed the session in the second column of the Training Plan table above.

## **[Session 2](#): Practice**

This 30-minute session has the same musical soundtrack as the first session which means you'll be walking and running to the same beat. However, this session was designed so you can practice everything you learned in the first session, so the audio-guidance is not as prevalent. Try to remember what you learned in Session 1 and practice and apply it during this session.

Record the date you completed the session in the second column of the Training Plan table above.

## **[Session 3](#): Speed Work**

During this 25-minute session, after your 5-minute warm-up walk, you'll alternate one minute of walking with 30-seconds of sprinting ten times, before cooling down with a 5-minute walk. The sprinting sections are pretty fast, which is why the duration is short. They're designed to give you practice running at a higher cadence than you typically run at, when you run for a sustained period of time.

Record the date you completed the session in the third column of the Training Plan table above.

## **[Session 4](#): Tempo Run**

Consider this your Post-Run data collecting session, where you'll get to see if you're running any faster than you were when you started the program.

***Important: Make sure you start and stop your watch or running app at the beginning and end of the running portion only (not during the warm-up and cool-down).***

After completing the session, record your total time (should be 5 minutes), distance, and pace in the last column of the Training Plan table above.

## Step 4: Review Your Results

Compare your Session #4 data to your Data Collection Run.

- Did you cover more distance?
- Did you run any faster?
- How do you feel about your running, overall, now that you've completed the program?

## Conclusion

Share your results with me and I'll put them on my website (with your permission only)! Just [CLICK HERE](https://forms.gle/ATxo42eQXpxpVFFbA) to get started (<https://forms.gle/ATxo42eQXpxpVFFbA>).

Thanks for trying the program.