

# DASH & SPLASH 4 MILER TRAINING PROGRAM

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
12/2	15 MIN	REST	20 MIN	15 MIN	REST/CROSS	25 MIN	REST
12/9	20 MIN	REST	25 MIN	15 MIN	REST/CROSS	30 MIN	REST
12/16	20 MIN	REST	30 MIN	30 MIN	REST/CROSS	2 MILES	REST
12/23	30 MIN	REST	2 MILES	2 MILES	REST/CROSS	3 MILES	REST
12/30	3 MILES	REST	3.5 MILES	2.5 MILES	REST/CROSS	4 MILES	REST
1/6	2.5 MILES	REST	3 MILES	2.5 MILES	REST/CROSS	4 MILES	REST
1/13	3 MILES	REST	4 MILES	3 MILES	REST/CROSS	5 MILES	REST
1/20	3.5 MILES	REST	4 MILES	3 MILES	REST/CROSS	5 MILES	REST
1/27	3 MILES	REST	3.5 MILES	2.5 MILES	REST/CROSS	4 MILES	REST
2/3	3 MILES	REST	3 MILES	REST	REST	4 MILER!	

**GOOD LUCK AND  
HAVE FUN!**



## NOTES:

1. The ten week training program begins Monday, December 2
2. The program lists both miles and times. Don't worry about distance with the timed runs. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking. (ex. Run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion.
3. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 minute mile, stay out for 24 minutes.
4. Your schedule incorporates 4 days a week of running and walking, two days a week to rest, and one day a week to rest or cross train. Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training.
5. The long distances on Saturdays are the key workouts. Again, do not worry about the distance—just run or walk for time. These workouts should be slow! You should be able to carry a reasonable conversation without huffing and puffing. Again, if Saturday is not convenient for your long run or walk, move it to a different day and adjust the rest of your schedule accordingly.
6. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.

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INSTEAD OF ICING YOUR LEGS AFTER THE RACE, YOU CAN JUMP INTO THE ATLANTIC OCEAN AS PART OF THE POLAR PLUNGE DOUBLE DIP DARE. YOU MUST BE REGISTERED AS A PLUNGE PARTICIPANT AND YOU CAN EARN A SECOND, INTERLOCKING MEDAL. FIND OUT MORE AT

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