



Training Plan – Cooper River Bridge Run

# January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Walk 20 minutes OR Bike for 30 minutes	2 Run 10-15 minutes OR Brisk Walk	3 Walk 20 minutes OR Bike for 30 minutes	4 Run 10-15 minutes OR Brisk Walk	5 Walk 20 minutes OR Bike for 30 minutes	6 OFF	7 Run 1 mile OR Brisk Walk
8 Walk 20 minutes OR Bike for 30 minutes	9 Run 10-15 minutes OR Brisk Walk	10 Walk 20 minutes OR Bike for 30 minutes	11 Run 10-15 minutes OR Brisk Walk	12 Walk 20 minutes OR Bike for 30 minutes	13 OFF	14 Run 1 mile OR Brisk Walk
15 Walk 20 minutes OR Bike for 30 minutes	16 Run 15-20 minutes OR Brisk Walk	17 Walk 20 minutes OR Bike for 30 minutes	18 Run 15-20 minutes OR Brisk Walk	19 Walk 20 minutes OR Bike for 30 minutes	20 OFF	21 Run 2 miles OR Brisk Walk
22 Walk 20 minutes OR Bike for 30 minutes	23 Run 20-25 minutes OR Brisk Walk	24 Walk 20 minutes OR Bike for 30 minutes	25 Run 20-25 minutes OR Brisk Walk	26 Walk 20 minutes OR Bike for 30 minutes	27 OFF	28 Run 2 miles OR Brisk Walk
29 Walk 20 minutes OR Bike for 30 minutes	30 Run 25-30 minutes OR Brisk Walk	31 Walk 20 minutes OR Bike for 30 minutes				



Training Plan – Cooper River Bridge Run

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Run 25-30 minutes OR Brisk Walk	2 Walk 20 minutes OR Bike for 30 minutes	3 OFF	4 Run 3 miles OR Brisk Walk
5 Walk 20 minutes OR Bike for 30 minutes	6 Run 25-30 minutes OR Brisk Walk	7 Walk 20 minutes OR Bike for 30 minutes	8 Run 25-30 minutes OR Brisk Walk	9 Walk 20 minutes OR Bike for 30 minutes	10 OFF	11 Run 4 miles OR Brisk Walk
12 Walk 20 minutes OR Bike for 30 minutes	13 Run 30-35 minutes	14 Walk 20 minutes OR Bike for 30 minutes	15 Run 30-35 minutes	16 Walk 20 minutes OR Bike for 30 minutes	17 OFF	18 Run 4 miles or Do a 5K race (3.1 miles)
19 Walk 20 minutes OR Bike for 30 minutes	20 Run 30-35 minutes OR Brisk Walk	21 Walk 20 minutes OR Bike for 30 minutes	22 Run 30-35 minutes OR Brisk Walk	23 Walk 20 minutes OR Bike for 30 minutes	24 OFF	25 Run 5 miles OR Brisk Walk
26 Walk 20 minutes OR Bike for 30 minutes	27 Run 30-45 minutes OR Brisk Walk	28 Walk 20 minutes OR Bike for 30 minutes	29 Run 30-45 minutes OR Brisk Walk			



Training Plan – Cooper River Bridge Run

# March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Walk 20 minutes OR Bike for 30 minutes	2 OFF	3 Run 6 miles OR Brisk Walk
4 Walk 20 minutes OR Bike for 30 minutes	5 Run 45 – 50 minutes OR Brisk Walk	6 Walk 20 minutes OR Bike for 30 minutes	7 Run 45 – 50 minutes OR Brisk Walk	8 Walk 20 minutes OR Bike for 30 minutes	9 OFF	10 Run 5 miles OR Brisk Walk
11 Walk 20 minutes OR Bike for 30 minutes	12 Run 30-45 minutes OR Brisk Walk	13 Walk 20 minutes OR Bike for 30 minutes	14 Run 30-45 minutes OR Brisk Walk	15 Walk 20 minutes OR Bike for 30 minutes	16 OFF	17 Run 6 miles OR Brisk Walk
18 Walk 20 minutes OR Bike for 30 minutes	19 Run 40-50 minutes OR Brisk Walk	20 Walk 20 minutes OR Bike for 30 minutes	21 Run 40-50 minutes OR Brisk Walk	22 Walk 20 minutes OR Bike for 30 minutes	23 OFF	24 Run 7 miles OR Brisk Walk
25 Walk 20 minutes OR Bike for 30 minutes	26 Run 25-30 minutes OR Brisk Walk	27 Walk 20 minutes OR Bike for 30 minutes	28 Run 25-30 minutes OR Brisk Walk	29 Walk 20 minutes OR Bike for 30 minutes	30 OFF	31 <b>BRIDGE RUN</b>