

BAND OF RUNNERS TRAIL CAMP TRAINING PLAN

AUGUST

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total Minutes
Date	8/14/17	8/15/17	8/16/17	8/17/17	8/18/17	8/19/17	8/20/17	
Planned Jog & Walk Minutes	0	20	0	20	0	30	OPTIONAL: 20 minutes	70
Actual Daily Minutes								
Notes about how the run went	12 weeks to camp Facebook Hangout							
Week 1 Guidance	You can move these workout days around to best fit your life schedule. If you're just getting back to running or if you haven't run before, please jog and walk during these workouts. Jog for as long as you're able, and then walk for the same amount of time. That could be 10 seconds of running and 10 seconds of walking. Or 1 minute of running and 1 minute of walking. Or 10 minutes of running and 10 minutes of walking. Or anything in between. (1:1 ratio of jogging and walking) If you're feeling more comfortable, try a 2:1 or 3:1 ratio of running to walking. For example, jog for 20 seconds, walk for 10 seconds. Or jog for 30 seconds and walk for 10 seconds.					You can do your weekend run on Saturday OR Sunday with Optional Run on the other weekend day		

	8/21/17	8/22/17	8/23/17	8/24/17	8/25/17	8/26/17	8/27/17	
Date	8/21/17	8/22/17	8/23/17	8/24/17	8/25/17	8/26/17	8/27/17	
Planned Jog & Walk Minutes	0	25	0	25	0	35	OPTIONAL: 20 minutes	85
Actual Daily Minutes								
Notes about how the run went	11 weeks to camp							
Week 2 Guidance	When you're walking, once your breathing is easy, walk at a fast pace. Not so fast that you're breathing hard, but fast enough that you feel like you're getting a workout.							

	8/28/17	8/29/17	8/30/17	8/31/17	9/1/17	9/2/17	9/3/17	
Date	8/28/17	8/29/17	8/30/17	8/31/17	9/1/17	9/2/17	9/3/17	
Planned Jog & Walk Minutes	0	30	0	30	0	40	OPTIONAL: 25 minutes	100
Actual Daily Minutes								
Notes about how the run went	10 weeks to camp							

BAND OF RUNNERS TRAIL CAMP TRAINING PLAN

SEPTEMBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total Minutes
Date	9/4/17	9/5/17	9/6/17	9/7/17	9/8/17	9/9/17	9/10/17	
Planned Jog & Walk Minutes	0	30	0	30	0	45	OPTIONAL: 20 minutes	105
Actual Daily Minutes								
Notes about how the run went	9 weeks to camp Facebook Hangout							
Week 4 Guidance	Aim for a 2:1 or 3:1 running to walking ratio now. Try 2 minutes of running and 1 minute of walking. Or 3 minutes of running and 1 minute of walking. And when you walk, try for a good fast pace. If it feels comfortable, it's fine to run the whole time.							

Date	9/11/17	9/12/17	9/13/17	9/14/17	9/15/17	9/16/17	9/17/17	
Planned Jog & Walk Minutes	0	30	0	30	0	50	OPTIONAL: 20 minutes	110
Actual Daily Minutes								
Notes about how the run went	8 weeks to camp							

Date	9/18/17	9/19/17	9/20/17	9/21/17	9/22/17	9/23/17	9/24/17	
Planned Jog & Walk Minutes	0	35	0	35	0	50	OPTIONAL: 20 minutes	120
Actual Daily Minutes								
Notes about how the run went	7 weeks to camp							

Date	9/25/17	9/26/17	9/27/17	9/28/17	9/29/17	9/30/17	10/1/17	
Planned Jog & Walk Minutes	0	35	0	35	0	60	OPTIONAL: 20 minutes	130
Actual Daily Minutes								
Notes about how the run went	6 weeks to camp							

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OCTOBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total Minutes
Date	10/2/17	10/3/17	10/4/17	10/5/17	10/6/17	10/7/17	10/8/17	
Planned Jog & Walk Minutes	0	35	0	35	0	70	OPTIONAL: 20 minutes	140
Actual Daily Minutes								
Notes about how the run went	5 weeks to camp Facebook Hangout							

Date	10/9/17	10/10/17	10/11/17	10/12/17	10/13/17	10/14/17	10/15/17	
Planned Jog & Walk Minutes	0	35	0	35	0	80	OPTIONAL: 20 minutes	150
Actual Daily Minutes								
Notes about how the run went	4 weeks to camp							

Date	10/16/17	10/17/17	10/18/17	10/19/17	10/20/17	10/21/17	10/22/17	
Planned Jog & Walk Minutes	0	35	0	35	0	90	OPTIONAL: 20 minutes	160
Actual Daily Minutes								
Notes about how the run went	3 weeks to camp							
Week 10 Guidance						90 minutes or 7 miles, whichever comes first.		

Date	10/23/17	10/24/17	10/25/17	10/26/17	10/27/17	10/28/17	10/29/17	
Planned Jog & Walk Minutes	0	35	0	35	0	100	OPTIONAL: 20 minutes	170
Actual Daily Minutes								
Notes about how the run went	2 weeks to camp							
Week 11 Guidance						100 minutes or 8 miles, whichever comes first.		

BAND OF RUNNERS TRAIL CAMP TRAINING PLAN

NOVEMBER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total Minutes	
Date	10/30/17	10/31/17	11/1/17	11/2/17	11/3/17	11/4/17	11/5/17		
Planned Jog & Walk Minutes	0	35	0	35	0	120	OPTIONAL: 20 minutes	190	
Actual Daily Minutes									
Notes about how the run went	1 week to camp Facebook Hangout								
Week 12 Guidance						120 minutes or 8 miles, whichever comes first.			

	11/6/17	11/7/17	11/8/17	11/9/17	11/10/17	11/11/17	11/12/17		
Date									
Planned Jog & Walk Minutes	0	35	0	0				35	
Actual Daily Minutes									
Notes about how the run went	Camp Week!!								
Week of Camp Guidance						Band of Runners Trail Camp			