



Coach's Note:

The Be Strong - Stay Healthy Training Program is a mix of running, cross-training, strength/mobility work and fun activities to be done either solo or with those you are currently sharing personal space with. My main objective is to provide you with a solid plan that will systematically build your endurance while also safeguarding against injury. Don't let perfection become the enemy of good. No big deal if you miss a day; skip and move on to the next workout. You are golden as long as you are hitting on 80%+ of your workouts. We're all in this together; lean into the discomfort and let's have some fun!

Training Reminders:

1. Consistency is King - Stick to your training program. This leads to quicker gains in fitness and wards off injury. This is my #1 tip in running!
2. Train smart - Begin training from where you are currently from a running fitness standpoint and not from where you hope to be four months from now or have been in the past. Starting off too fast or aggressively is the quickest and surest way to injury and a lack of consistency.
3. Dynamic warm ups and stretching - Always perform a dynamic warm up for before running and cross training, which includes exercises like arm circles, neck rolls, leg swings, and hip rolls. Check out this awesome lunge warm-up sequence: https://www.youtube.com/watch?v=-K_CiRml-vQ. Static stretching, or performing stretches you hold for 30 seconds or longer, should only be practiced after your workouts, if at all. I prefer a 10-minute walk along with this sequence as a cool down routine: <https://www.youtube.com/watch?v=2GLrKr54yA0>. Additional details are located in the Program Key, at www.kopfrunning.com and on the Kopf Running social media channels.
4. Please contact Coach Seth for help with any program modifications and/or questions.

Program Key:

After the Weekly Training Schedule section, which breaks down your training program day-by-day, you will find program details, including a workout key below the program. This key defines all of the terms and abbreviations used throughout the program. Please contact Coach Seth with any questions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	Mileage
BE STRONG - STAY HEALTHY TRAINING PROGRAM BEGINS								
Week 1	Active fun!	Warm up	Rest Day	Warm up	Active fun!	Warm up		
	Suggested activity:	Run - 3 miles (EZ)	Optional: Meditate	Run - 3 miles (EZ)	Suggested activity:	Run - 5 miles	Rest Day	11
	30-60 minute	Cool down	5 minutes x 2	Cool down	30-60 minute	Cool down		
	family walk OR bike ride	Strength	(1x in A.M. + 1x in P.M.)	Strength	family walk	Mobility		
	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	Mileage
Week 2	Warm up	Active fun!	Warm up		Active fun!	Warm up		
	Run - 3 miles (EZ)	Suggested activity:	Run - 3 miles (EZ)	Cross Train	Suggested activity:	Run - 6 miles	Rest Day	12
	Cool down	30-60 minute	Cool down	30-60 minutes	30-60 minute	Cool down		
	Strength	family walk OR bike ride	Strength	(moderate)	family walk	Mobility		
							(Easter)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	
Week 3			Warm up			Virtual 5K Day!	YOU Choose	
	Warm up	Rest Day	Run: 4 miles total w/		Active fun!	Warm up	Rest Day OR	
	Run - 3 miles (EZ)	Optional: Meditate	final mile @ 5k pace	Cross Train	Suggested activity:	Race - 3.1 Miles!!	Warm up + 2 miles EZ +	13/15
	Cool down	5 minutes x 2	(first 3 miles EZ)	30-60 minutes	30-60 minute	+ 3 miles EZ cool down	Cool down	
	Strength + Mobility	(1x in A.M. + 1x in P.M.)	Cool down	(moderate)	family walk	Mobility	Mobility	
			Strength					
	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	Mileage
Week 4							YOU Choose	
	Warm up		Warm up		Rest Day	Warm up	Rest Day OR	
	Run - 3 miles (EZ)	YOU Choose	Run - 5 miles (EZ)	Cross Train	Optional: Meditate	Run - 7 miles (EZ)	Warm up + 2 miles EZ +	15/17
	Cool down	(no scheduled workout)	Cool down	30-60 minutes	5 minutes x 2	Cool down	Cool down	
	Strength + Mobility		Strength + Mobility	(moderate)	(1x in A.M. + 1x in P.M.)		Mobility	
	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	3-May	Mileage
Week 5								
	Warm up	Rest Day	Warm up		Active fun!	Warm up	Rest Day	
	Run - 3 miles (EZ)	Optional: Meditate	Run - 3 miles (EZ)	Cross Train	Suggested activity:	Run - 5 miles (EZ)	Optional: Meditate	11
	Cool down	5 minutes x 2	Cool down	30 minutes	30-60 minute	Cool down	5 minutes x 2	(cutback week)
	Strength + Mobility	(1x in A.M. + 1x in P.M.)	Mobility	(moderate)	family walk	Mobility	(1x in A.M. + 1x in P.M.)	
	4-May	5-May	6-May	7-May	8-May	9-May	10-May	Mileage
Week 6								
	Warm up	Active fun!	Warm up	Active fun!		Warm up	YOU Choose	
	Run - 4 miles	Suggested activity:	Run: 6 miles total w/	Suggested activity:	Rest Day	Run - 8 miles (EZ)	Rest Day OR	18/21
	Cool down	30-60 minute	final two miles @ 10K pace	30-60 minute		Cool down	Warm up + 3 miles EZ +	
	Strength + Mobility	family walk OR bike ride	Cool down	family walk		Mobility	Cool down	
			Strength					
	11-May	12-May	13-May	14-May	15-May	16-May	17-May	Mileage
Week 7					Warm up		YOU Choose	
		Warm up	Warm up		Run - lesser of 30 minutes	Warm up	Rest Day OR	
	Rest Day	Run - 4 miles (EZ)	Fartlek Run: 6 miles total w/	Cross Train	or 3 miles	Run - 9 miles (EZ)	Warm up + 3 miles EZ +	22/25
		Cool down	6 x 40 sec. @ 10k - 5k pace	30 minutes	Cool down	Cool down	Cool down	
		Strength + Mobility	Cool down	(moderate)	Strength	Mobility	Mobility	
	18-May	19-May	20-May	21-May	22-May	23-May	24-May	Mileage
Week 8					Warm up	Virtual 10K Day!		
	Rest Day	Warm up	Warm up		Run - lesser of 30 minutes	Warm up - 1 mile jog		
	Optional: Meditate	Run - 5 miles (EZ)	Run: 7 miles total w/	Rest Day	or 3 miles	Race - 6.2 Miles!!	Rest Day	25
	5 minutes x 2	Cool down	final mile @ 10K pace		Cool down	+ 3 miles EZ cool down		
	(1x in A.M. + 1x in P.M.)	Strength + Mobility	Cool down		Strength	Mobility		
			Strength					

Program Key:

1. **Warm up** - A non-negotiable. To skip a warm up is to leave performance on the table. If you have to cut your run short in order to fit in your warm up, do it.

A Few Warm Up Routine Examples:

[Lunge Matrix](#)

[Leg Swings](#)

2. **Cool down** - Like your warm up, a non-negotiable. Coach Seth suggests walking for 10 minutes as an active cool down. This will jump start the recovery process.

3. **Strength** - Equally important as running in the program. Consider it insurance against injury. Focus on problem areas or weaknesses. Perform always **AFTER** your run.

Strength Routines:

[ITB Routine](#)

[Hip/Glute Routine](#)

[Core Routine](#)

4. **Mobility** - Think more along the lines of active/dynamic stretching as opposed to static stretching; foam rolling and yin style yoga class work as well

5. **Run Pacing (EZ)** - Your runs should follow the principles of the 3 C's - Controlled, Comfortable and Conversational. You should be able to carry on a conversation or sing a song without getting winded. If this isn't the case, then you need to slow down. Each day & run will feel different and that's due to various factors, so it's best to take each day as its own and run based on perceived effort. "Am I comfortable?" "Am I under control?" These are questions to ask yourself while on the run. Don't worry, speed is a product of improving endurance so getting faster will come.

5. **Run Long** - Your long runs will be done on the weekend when most people's schedules are the most flexible. Runs should be ran according to the 3 C's - under control, comfortable & conversational.

6. **Rest Day** - The most important day in training. Whatever you do, absolutely **DO NOT** skip your rest days. Are you getting enough sleep? 7+ hours/night is best. Active fun simply means get outside and enjoy time with family & friends (from a safe distance). Just don't overdo it and compromise the next day's workout.

7. **Cross Train (XT)** - Examples are yoga, Pilates, elliptical trainer, stationary bike, regular bike, pool running, etc. XT should be done at a moderate pace and should not compromise the next workout.

8. **Mileage Progression** - You will notice that some weeks repeat themselves in total mileage. This is to allow your body to adapt to the training load and to reduce the probability of injury.