

TRAINING PROGRAMS DESIGNED FOR ALL BEAUTIES!

Beauty comes in all shapes and sizes and speeds. We encourage all women to be active on any level, so whether you are just beginning or wanting to improve your time, you will find some good advice and workouts in the official Beauty and the Beach Training guide.

If you have more questions, please feel free to email us at training@beautyandthebeachrun.com. If we can't answer your question exactly, we'll put you in touch with someone who can. Remember to check <http://www.beautyandthebeachrun.com> for updates on clinics and special events.

PLEASE NOTE: THE ORGANIZERS AND STAFF OF BEAUTY AND THE BEACH RUN AND WALK ENCOURAGE ALL PARTICIPANTS TO HAVE AN ANNUAL PHYSICAL EXAM BY THEIR GENERAL PRACTITIONER TO ENSURE YOUR HEALTH. RUNNING AND WALKING CAN BE STRENUOUS ACTIVITIES AND WHILE THEY ADD TO YOUR HEALTH, WE WANT TO BE SURE THAT YOU KNOW YOUR LIMITS WITH THE HELP OF YOUR PHYSICIAN. THESE WORKOUTS ARE JUST SUGGESTIONS TO HELP YOU REACH YOUR GOAL. YOU ARE FOLLOWING THIS GUIDE AT YOUR OWN RISK.



BEGINNER BEAUTIES – RUNNERS AND WALKERS

All workouts can be either: running and walking or a combination of both. We strongly encourage a 3-day minimum run/walk routine with an optional cross training session for a total of 4-5 days of active movement. If the impact becomes overwhelming, the elliptical or spin can substitute your run/walk workout. This beginner-training program assumes you are not yet running or just started to run/walk.

	GOAL	WORKOUT 1	WORKOUT 2	WORKOUT 3	CROSS TRAIN 1to 2 days a week
WEEK 1 9/11-9/17	To get started with a routine	20 min	20 min	5 min easy walking, 3 min jogging or brisk walk, 5 min easy walking, 3 min jogging or brisk walk, 5 min easy walking cooldown (total 21 minutes)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 30-60 min
WEEK 2 9/18-9/24	Invite a friend to walk/run with you!	30 min	20 min	5 min easy walking, 5 min jogging or brisk walk, 5 min easy walking, 5 min jogging or brisk walk, 5 min easy walking cooldown (total 25 minutes)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 30-60 min
WEEK 3 9/25-10/1	Stay loose by stretching daily	30 min	35 min	OR ON YOUR OWN: 10 min easy walking, 7 min jogging or brisk walk, 5 min easy walking, 7 min jogging or brisk walk, 5 min easy walking cooldown (total 34 minutes)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 30-60 min
WEEK 4 10/2-10/8	Try a 5K race	30 min	40 min	Little Silver 5K, Sunday October 9 th , www.littlesilver5k.com Alternate workout: 10 min easy walk, 10 min jogging or brisk walk, 5 min easy walking, 10 min jogging, 5 minute cool down (total 40mins)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 30-60 min
WEEK 5 10/9-10/15	Try a new location! How about one of Monmouth County's great parks?	35 min	40 min	10 min easy walking, 20 min jogging or brisk walk, 10 min easy walking (40 min total)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 45-60 min
WEEK 6 10/16-10/22	Hmm...this isn't so bad...could I really do 13.1 miles someday?	40 min	55 min	10 min easy walking 25 min jogging or brisk walk, 10 min easy walking (45 min total)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 45-60 min
WEEK 7 10/23-10/29	Almost there! What am I going to eat before the race? And the outfit?	40 min	50 min	10 min easy walking 30 min jogging or brisk walk, 10 min easy walking (50 min total)	Your choice: Yoga, stretching, pilates, elliptical, spin, weights 45-60 min
WEEK 8 10/30-RACE!!	Rest and recover. Not just with your training, but with everyday life too!	30 min	30 min	RACEDAY! This is the fun part once you've done the work! Enjoy!	light workout in the gym, no later than Wednesday, 30-45 minutes



INTERMEDIATE BEAUTIES – RUNNERS

This training program assumes you are fairly new to running “distance events” but have a good base level of cardio fitness and exercises regularly. With a day of “speedwork” you will see some significant improvements in your training. However, please note that this also increases the chance for injury so please feel free to take a day off when necessary or skip the speedwork. This program is designed to help increase your speed by maintaining a consistent exercise base of 4-5 training days per week and devoting a day to interval training. To avoid running “overuse” injuries we encourage cross training. Try out the Little Silver 5K on October 9th for a great speed work out.

	GOAL	WORKOUT 1	WORKOUT 2	WORKOUT 3	CROSS TRAIN
WEEK 1 9/11-9/17	To get focused and started with a routine	40 min	30-40 min	15 min easy jog, 10x1 min alternating one fast run, one easy jog, 5 min easy jog cooldown (total 30 minutes)	Add 1 additional run of an easy 40 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 2 9/18-9/24	Invite a friend to run with you!	40 min	45 min	15 min easy jog, 10x2 min alternating fast run/1 minute easy jog, 5 min easy jog cooldown (total 40 minutes)	Add 1 additional run of an easy 40 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 3 9/25-10/1	Try a yoga or Pilates class to help strengthen your core.	40 min	50 min	15 min easy jog, 4x3 min alternating fast run/2 min easy jog, 5 min easy jog cooldown (total 40 minutes)	Add 1 additional run of an easy 40 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 4 10/2-10/8	Try a 5K race	40 min	30 min	Little Silver 5K, Sunday October 9 th , www.littlesilver5k.com OR on your own: 15 min easy jog 3x4 min alternating fast/2 min easy jog, 5 min cool down (total 38 minutes)	Add 1 additional run of an easy 40 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 5 10/9-10/15	Try out a local track for your speed workouts	40 min	45 min	15 min easy jog, 10x2 min alternating fast run/easy jog, 10 min easy jog cooldown (total 45 minutes)	Add 1 additional run of an easy 45 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 6 10/16-10/22	Hmm...this isn't so bad...could I really do 13.1 miles someday?	40 min	50 min	15 min easy jog 4x4 min alternate fast run/2 min easy jog, 10 min easy jog (47 min total)	Add 1 additional run of an easy 45 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 7 10/23-10/29	Almost there! What am I going to eat before the race? And the outfit?	45 min	50 min	15 min easy jog 5x3 min alternate fast run/1 min easy jog, 10 min easy jog (44 min total)	Add 1 additional run of an easy 40 min or a cardio cross training session (spin, elliptical) of 60 min
WEEK 8 10/30-RACE!!	Rest and recover. Not just with your training, but with everyday life too!	30 min	30 min	RACEDAY! This is the fun part once you've done the work! Enjoy!	Add 1 additional run of an easy 30 min or a cardio cross training session (spin, elliptical) of 30 min