

# 6 Weeks to the CCC B-rrry Scurry 4-Mile Road Race!

Even if you've never run a step, you can build up to 30 straight minutes within 6 weeks! Follow this smart training plan to run the Clinton Community College B-rrry Scurry on Saturday, February 4, 2012!



Register for the CCC B-rrry Scurry at [www.eicc.edu/brrry](http://www.eicc.edu/brrry).

## Smart Running Routine: Beginners

Just starting? Try this! Don't worry if you've never put on a pair of running shoes. This program will get you up and running for at least 30 minutes straight in just six weeks. For each run, aim for a rate of perceived exertion (RPE) that feels like a 5 or 6 on a scale of 1 to 10 so you don't burn out too soon.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Week Total
Week 1 - December 26	Walk briskly for 1 mile. Run 2 min. every half mile until you reach 3.5 total miles. Walk 0.5 mile.	Walk 3-5 miles.	Off	Walk 1 mile. Run 3 min. every half mile until you reach 3.5 miles. Walk 0.5 mile.	Off	Walk 3-5 miles, including 10 run/walk intervals (run 30 sec., walk 1 min.) in the last mile.	Off	16-20 miles
Week 2 - January 2	Walk 1.5 miles. Run 5 min., walk 5 min.; do 3 times. Walk 1-2 miles.	Walk 3-5 miles.	Off	Repeat Week 1 Thursday.	Off	Repeat Week 2 Monday.	Off	18-20 miles
Week 3 - January 9	Walk 1.5 miles. Run 10 min., walk 5-7 min., run 10 min., walk 5-7 min.	Walk 3-5 miles.	Off	Repeat Week 3 Tuesday.	Off	Walk 1.5 miles. Run 10 min., walk 5 min., run 5 min., walk 5 min., run 10 min., walk 5-10 min.	Off	16-20 miles
Week 4 - January 16	Walk 1 mile. Run 3 min., walk 2 min.; do a total of 10 times. Walk 5 min.	Walk 1 mile. Run 15 min., walk 5 min., run 15 min., walk 5 min.	Off	Walk 1 mile. Run 5 min., walk 2 min.; do that 7-min. sequence 5 times. Walk 5 minutes.	Off	Walk 1 mile. Run 10 min., walk 5 min.; do that 15-min. sequence 3 times.	Off	17.5 miles
Week 5 - January 23	Walk 1 mile. Run 3 min., walk 2 min.; do that 5-min. sequence a total of 10 times.	Walk 1 mile. Run 20 min., walk 5 min., run 20 min., walk 5 min.	Off	Walk 1 mile. Run 5 min., walk 2 min.; do that 7-min. sequence 5 times. Walk 5	Off	Walk 1 mile. Run 15 min., walk 5 min.; do that 20-min. sequence 3 times.	Off	20 miles

	Walk 5 min.			minutes.				
Week 6 - January 30	Walk 1 mile. Run 3 min., walk 2 min.; do that 5-min. sequence a total of 10 times. Walk 5 min.	Walk 1 mile. Run 25 min., walk 5 min., run 25 min., walk 5 min.	Off	Walk 1 mile. Run 5 min., walk 2 min.; do that 7-min. sequence 5 times. Walk 5 minutes.	Off	<b>Clinton Community College B-rrry Scurry 4-Mile Road Race - Saturday, February 4, 2012 - NOON @ 1000 Lincoln Blvd. Clinton</b>	Off	23 miles

### Quick Tip

Run with a friend. If she's slower than you, focus on perfecting your stride by landing lightly on your heels, then rolling forward to push off on your toes. If she's faster, pushing yourself beyond your comfort zone one or two days per week will help you get stronger. Either way, distraction and conversation will help the miles fly by.

*Originally published on FitnessMagazine.com, September 2006.*