


**Clinton Community College B-rrry
Scurry 4-Mile Run Training
Schedule**

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Week Total
Week 1 -	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 -	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 -	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 -	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 -	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 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 minutes.	Off	Walk 1 mile. Run 15 min., walk 5 min.; do that 20-min. sequence 3 times.	Off	20 miles
Week 6 -	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	Clinton Community College B-rrry Scurry 4-Mile Road Race NOON @ 1000 Lincoln Blvd. Clinton	Off	23 miles