

WELCOME

2024 BLUE CREW WINTER/SPRING TRAINING SCHEDULE - ELK GROVE

Welcome to Runnin' for Rhett's Winter/Spring Blue Crew Training! We are so glad that you are choosing to Move Into Life with us at Runnin' for Rhett! We want you to succeed and will do everything we can to help you meet your goals. This training plan is intended as a guide or a road map to complete your goal distance(s). Please consult with your coaches to adjust it for your needs or your schedule.

We Recommend: Be consistent and follow a schedule. We encourage you to join us 3 days a week if you can. Monday (Walk/Run), Thursday (Coached Workout), and Saturday (Long Run). Recovery days, Rhett Refresh, cross-training, and strength training will be up to you... join a Meetup or create one and let others join you!

If you have any questions, email gina@runninforrhett.org, and your email will be forwarded to a coach.

Don't train through an injury!

TRAINING KEY

Cross-training: Any type of cardio other than running or walking

Rhett Refresh: 10 min of gentle stretching, foam rolling, etc. and 20 min of easy movement. Use these days to recover, do body care, and improve your mobility

Recovery: It is SO important to give your muscles a break. At least once a week, take a recovery day to prevent injury. You can do some light stretching, meditation, or join a Meetup for a recovery walk.

HM: Half Marathon

Strength Training: NEW this training season. Building muscle strength is important, so we've added 2 days of recommended strength training to the calendar. They can be any days of the week that work for you. Consistent weight lifting will help you run/walk faster, longer.

GREAT JOB MOVING INTO LIFE!

RSVP ON MEETUP FOR GROUP/COACHED WORKOUTS + WORKSHOPS.

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JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT	
	1	2	3	4	5	6	KICK OFF LAND PARK HM: 3-4 miles 10K: 3 miles 5K: 30 min
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	7 HM: 3 miles 10K: 30 min 5K: 30 min Group Meetup *Strength Training	8 Strength Training Workshop (Sac) Recovery	9 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	10 HM: 3 miles 10K: 30 min 5K: 30 min Coached Workout	11 Rhett Refresh	12 PANERA HM: 5 miles 10K: 3 miles 5K: 35 min	13
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	14 HM: 3 miles 10K: 30 min 5K: 30 min Group Meetup *Strength Training	15 Recovery	16 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	17 HM: 3 miles 10K: 30 min 5K: 30 min Coached Workout	18 Rhett Refresh	19 PANERA HM: 6 miles 10K: 4 miles 5K: 40 min	20
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	21 HM: 3 miles 10K: 40 min 5K: 40 min Group Meetup *Strength Training	22 Recovery	23 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	24 HM: 3 miles 10K: 40 min 5K: 40 min Coached Workout	25 Rhett Refresh	26 PANERA HM: 7 miles 10K: 4 miles 5K: 45 min	27
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	28 HM: 3 miles 10K: 40 min 5K: 40 min Group Meetup *Strength Training	29 Nutrition Workshop Recovery	30 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	31			

WEEK 0
WEEK 1
WEEK 2
WEEK 3
WEEK 4

Notes:

***Strength Training Week 1 & 2: Target Repetitions 15-20, 1-2 sets (Focus on LEGS and CORE exercises)**

Legs (any of these): Squats, Walking Lunges, Single Leg Dead Lift

Core (any of these): Sit-ups, Flutter Kicks, Planks/Side Planks

***Strength Training Week 3 & 4: Target Repetitions 12-15, 2-3 sets (Add More Weight)**

Legs (any of these): Squats, Walking Lunges, Single Leg Dead Lift

Core (any of these): Sit-ups, Flutter Kicks, Planks/Side Planks

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FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT	
			HAPPY 27th BIRTHDAY TO RHETT ON FEBRUARY 7th	HM: 3 miles 10K: 40 min 5K: 40 min Coached Workout	1 Rhett Refresh	2 PANERA HM: 8 miles 10K: 4 miles 5K: 50 min	3 WEEK 4
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	4 HM: 4 miles 10K: 30 min 5K: 30 min Group Meetup *Strength Training	5 Recovery	6 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	7 HM: 3 miles 10K: 30 min 5K: 30 min Coached Workout	8 Rhett Refresh	9 PANERA HM: 9 miles 10K: 3 miles 5K: 35 min	10 WEEK 5
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	11 HM: 4 miles 10K: 45 min 5K: 45 min Group Meetup *Strength Training	12 Recovery	13 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	14 HM: 3 miles 10K: 30 min 5K: 30 min Coached Workout	15 Rhett Refresh	16 PANERA HM: 10 miles 10K: 5 miles 5K: 40 min	17 WEEK 6
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	18 HM: 5 miles 10K: 45 min 5K: 45 min Group Meetup *Strength Training	19 Recovery	20 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	21 HM: 3 miles 10K: 40 min 5K: 40 min Coached Workout	22 Rhett Refresh	23 LONG LAKE LOOP HM: 11.5 miles 10K: 6 miles 5K: 60 min	24 WEEK 7
HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	25 HM: 4 miles 10K: 45 min 5K: 45 min Group Meetup *Strength Training	26 Recovery	27 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	28 HM: 5 miles 10K: 45 min 5K: 45 min Coached Workout	29		WEEK 8

Notes:

***Strength Training Series with Nancy Ledesma every Wednesday in February AND/OR complete the training below**

***Strength Training Week 5 & 6: Target Repetitions 8-10, 3 sets (Add More Weight)**

Legs (any of these): Squats, Walking Lunges, Single Leg Dead Lift

Core (any of these): Sit-ups, Flutter Kicks, Planks/Side Planks

***Strength Training Week 7 - 9: Target Repetitions 5-8, 3 sets (Increase Weight)**

Legs (any of these): Squats, Walking Lunges, Single Leg Dead Lift

Core (any of these): Sit-ups, Flutter Kicks, Planks/Side Planks

MARCH

2024 BLUE CREW WINTER/SPRING TRAINING SCHEDULE - ELK GROVE

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest CAPITOL BEER FEST
PANERA HM: 8 miles 10K: 4 miles 5K: 45 min	3 HM: 3 miles 10K: 30 min 5K: 30 min Group Meetup *Strength Training	4 Recovery	5 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	6 HM: 4 miles 10K: 25 min 5K: 25 min Coached Workout	7 Rhett Refresh	8 PANERA HM: 7 miles 10K: 4 miles 5K: 45 min
10 HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest	11 HM: 3 miles 10K: 30 min 5K: 30 min Group Meetup	12 Recovery	13 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train	14 HM: 4 miles 10K: 25 min 5K: 25 min Coached Workout	15 Rhett Refresh	16 Shamrock'n 10K: 6.2 miles 5K: 3.1 miles Shake Out HM: 3 miles
17 Shamrock'n HM: 13.1 miles GOOD LUCK!						

WEEK 8

WEEK 9

WEEK 10

Notes:

***Strength Training Week 10: OFF, Prep for Race Day!**

**MOST WEEKLY MEETUPS WILL CONTINUE.
OUR NEXT TRAINING SEASON KICKS OFF IN AUGUST!**