

WELCOME

2024 BLUE CREW WINTER/SPRING TRAINING SCHEDULE - SACRAMENTO

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.

2024 BLUE CREW WINTER/SPRING TRAINING SCHEDULE - SACRAMENTO

JANUARY

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

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

2024 BLUE CREW WINTER/SPRING TRAINING SCHEDULE - SACRAMENTO

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT	
				HM: 3 miles 10K: 40 min 5K: 40 min Coached Workout *Strength Training	1 Rhett Refresh	2 UV STARBUCKS 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	5 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	6 HAPPY 27th BIRTHDAY, RHETT! Recovery	7 HM: 3 miles 10K: 30 min 5K: 30 min Coached Workout *Strength Training	8 Rhett Refresh	9 UV STARBUCKS 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	12 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	13 Recovery	14 HM: 3 miles 10K: 30 min 5K: 30 min Coached Workout *Strength Training	15 Rhett Refresh	16 UV STARBUCKS 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	19 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	20 Recovery	21 HM: 3 miles 10K: 40 min 5K: 40 min Coached Workout *Strength Training	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	26 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	27 Recovery	28 HM: 5 miles 10K: 45 min 5K: 45 min Coached Workout *Strength Training	29		WEEK 8

Notes:

***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 - SACRAMENTO

	SUN	MON	TUES	WED	THURS	FRI	SAT	
							1 Rhett Refresh	2 HM: 2-3 miles OR 30 min cross-train 10K/5K: Rest CAPITOL BEER FEST
	3 UV STARBUCKS HM: 8 miles 10K: 4 miles 5K: 45 min	4 HM: 3 miles 10K: 30 min 5K: 30 min Group Meetup	5 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train *Strength Training	6 Recovery	7 HM: 4 miles 10K: 25 min 5K: 25 min Coached Workout *Strength Training	8 Rhett Refresh	9 UV STARBUCKS 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 HM: 2-3 miles 10K/5K: 30 min OR 30 min cross-train	13 Recovery	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!