

## 2017 BOISE RunWalk Training Plan: Spring & Summer

Updated April 12, 2017



### SPRING

Date	13.1 Plan	10K Plan	Period	Location	Coaching Topic
<b>Saturday April 15</b>	3	1	Base	Municipal Park	Welcome & Program Introduction
Sunday April 16					
Monday April 17	20	15			
Tuesday April 18	15	10			
Wednesday April 19					
Thursday April 20	25	20			
Friday April 21					
<b>Saturday April 22</b>	3	1	Base	Municipal Park	Newbie Do's & Don'ts
Sunday April 23					
Monday April 24	20	15			
Tuesday April 25	15	10			
Wednesday April 26					
Thursday April 27	25	20			
Friday April 28					
<b>Saturday April 29</b>	4	2	Base	Municipal Park	Run-Walk Method / Newbie Do's & Don'ts
Sunday April 30					
Monday May 01	25	20			
Tuesday May 02	20	15			
Wednesday May 03					
Thursday May 04	30	25			
Friday May 05					
<b>Saturday May 06</b>	4	2	Base	Camelsback	Shoes, Gear & Weather / Run-Walk Method
Sunday May 07					
Monday May 08	25	20			
Tuesday May 09	20	15			
Wednesday May 10					
Thursday May 11	30	25			
Friday May 12					
<b>Saturday May 13</b>	5	3	Base	Municipal Park	Hydration, Electrolytes, Shoes, Gear
Sunday May 14					
Monday May 15	30	25			
Tuesday May 16	25	20			
Wednesday May 17					
Thursday May 18	35	30			
Friday May 19					
<b>Saturday May 20</b>	5	3	Base		No Formal Meeting: Famous Potato
Sunday May 21					
Monday May 22	30	25			
Tuesday May 23	25	20			
Wednesday May 24					
Thursday May 25	35	30			
Friday May 26					
<b>Saturday May 27</b>	6	4	Base	Municipal Park	Form & Technique / Hydration & Electrolytes
Sunday May 28					
Monday May 29	35	30			
Tuesday May 30	30	25			
Wednesday May 31					
Thursday June 01	40	35			
Friday June 02					
<b>Saturday June 03</b>	6	4	Base	Camelsback	Injury Prevention, Treatment / Form & Technique
Sunday June 04					
Monday June 05	35	30			
Tuesday June 06	30	25			
Wednesday June 07					
Thursday June 08	40	35			

Friday June 09					
<b>Saturday June 10</b>	7	5	Base	Municipal Park	Endurance Nutrition
Sunday June 11					
Monday June 12	40	35			
Tuesday June 13	35	30			
Wednesday June 14					
Thursday June 15	45	40			
Friday June 16					
<b>Saturday June 17</b>	7	5	Base	Municipal Park	Replenishment Planning / Endurance Nutrition
Sunday June 18					
Monday June 19	40	35			
Tuesday June 20	35	30			
Wednesday June 21					
Thursday June 22	45	40			
Friday June 23					

## SUMMER

Date	13.1 Plan	Period	Location	Coaching Topic
<b>Saturday June 24</b>	3	Base	TBA	Welcome & Program Introduction
Sunday June 25				
Monday June 26	20			
Tuesday June 27	15			
Wednesday June 28				
Thursday June 29	25			
Friday June 30				
<b>Saturday July 01</b>	4	Base	TBA	Cross Training / Replenishment Planning
Sunday July 02				
Monday July 03	20			
Tuesday July 04	15			
Wednesday July 05				
Thursday July 06	25			
Friday July 07				
<b>Saturday July 08</b>	5	Base	Camelsback	Core Stability & Strength Training / Cross-Training
Sunday July 09				
Monday July 10	25			
Tuesday July 11	20			
Wednesday July 12				
Thursday July 13	30			
Friday July 14				
<b>Saturday July 15</b>	6	Quality	TBA	Core Stability & Strength Training
Sunday July 16				
Monday July 17	25			
Tuesday July 18	20			
Wednesday July 19				
Thursday July 20	30			
Friday July 21				
<b>Saturday July 22</b>	6	Base	TBA	
Sunday July 23				
Monday July 24	30			
Tuesday July 25	25			
Wednesday July 26				
Thursday July 27	35			
Friday July 28				
<b>Saturday July 29</b>	6	Quality	TBA	TBA
Sunday July 30				
Monday July 31	30			
Tuesday August 01	25			
Wednesday August 02				
Thursday August 03	35			
Friday August 04				
<b>Saturday August 05</b>	8	Base	Camelsback	TBA
Sunday August 06				

Monday August 07	30			
Tuesday August 08	25			
Wednesday August 09				
Thursday August 10	35			
Friday August 11				
<b>Saturday August 12</b>	6	Quality	TBA	TBA
Sunday August 13				
Monday August 14	35			
Tuesday August 15	30			
Wednesday August 16				
Thursday August 17	40			
Friday August 18				
<b>Saturday August 19</b>	10	Base	TBA	TBA
Sunday August 20				
Monday August 21	25			
Tuesday August 22	25			
Wednesday August 23				
Thursday August 24	35			
Friday August 25				
<b>Saturday August 26</b>	6	Quality	TBA	TBA
Sunday August 27				
Monday August 28	40			
Tuesday August 29	35			
Wednesday August 30				
Thursday August 31	45			
Friday September 01				
<b>Saturday September 02</b>	11	Base	TBA	TBA
Sunday September 03				
Monday September 04	25			
Tuesday September 05	25			
Wednesday September 06				
Thursday September 07	35			
Friday September 08				
<b>Saturday September 09</b>	6	Quality	Camelsback	Tapering Your Training
Sunday September 10				
Monday September 11	40			
Tuesday September 12	35			
Wednesday September 13				
Thursday September 14	45			
Friday September 15				
<b>Saturday September 16</b>	12	Base	TBA	Race Strategies / Tapering Your Training
Sunday September 17				
Monday September 18	25			
Tuesday September 19	25			
Wednesday September 20				
Thursday September 21	35			
Friday September 22				
<b>Saturday September 23</b>	6	Quality	TBA	Race Week & Day Strategies
Sunday September 24				
Monday September 25	30			
Tuesday September 26	30			
Wednesday September 27				
Thursday September 28	20			
Friday September 29				

**TARGET EVENTS**

Saturday September 30	13.1	Run 4 Heaven's Gate
Sunday October 08	13.1	City of Trees
Saturday October 21	13.1	Rush Creek Stampede
Sunday October 29	13.1	Onward Shay