# 2027 ASICS Credit Union Cherry Blossom 10 Mile Beginner Training Program

## Coaches Carlamae and Kimela

**(Week 1: 01/25-01/31)**

**Overview** Supported by ASICS, Gatorade, Wegmans and PR Run& Walk, the Credit Union Cherry Blossom 10 Mile Beginner Training Program is your gateway to transformation—whether you're discovering running for the first time or returning to a steady rhythm. The goal is simple yet effective: to get you confidently to the finish line.

You'll begin with a walk-run approach, giving your body time to adapt while building endurance. As the weeks progress, you'll gradually increase your running intervals and shorten your walking breaks. Don't worry about pace—your focus is on running for the recommended duration, not on how fast you go. Join the thousands who've followed the CUCB training programs and successfully completed the 10 Mile race!

### Tracking Your Fitness

As you start your training, consider using a sports watch or heart monitor for a scientific approach to training.

### Join the CUCB Strava Club

Share your training experience: Join the CUCB Strava Club. **New to Strava?** Create a free Strava account and follow the link above to join the club. You'll find our updates in the club's Posts section, where you can comment and ask questions.

**(Monday 01/25)**

**Time:** 30 Minutes
**Goal:** Walk 1 minute, jog 2 minutes. Do this 10 times
**Tip:** Always begin the workout by walking to warm up your legs. After a couple of minutes, begin walking faster and faster until you start jogging. The jogging portion should be at a conversational effort, not a sprint.

**(Tuesday 01/26)**

**Time:** 21 minutes
**Goal:** Walk 1 minute, run 2 minutes (7 times)
**Tip:** Find a specialty running shoe store to get properly fitted with a good pair of running shoes that will work for you. The best shoe for you to wear depends upon the structure of your foot, your gait, size, etc. Do not try to train in cross trainers or an old pair of running shoes that is more than 6 months old. For friendly, expert advice visit PR Run & Walk, our official retail partner, with 9 stores throughout the Washington Metropolitan area. They have the latest running shoes and apparel, including outstanding models from ASICS, our official shoe and apparel sponsor.

**(Wednesday 01/27)**

**Rest Day**
**Tip:** Rest days are important to let your body recover. If you are used to other kinds of aerobic activities, you may want to consider cutting back during this training program, especially in the month of March. Consider instead taking a Yoga or Pilates class on your rest day.

**(Thursday 01/28)**

**Time:** 32 minutes
**Goal:** Walk 1 minute, run 3 minutes (8 times)
**Tip:** The running part of your workout should not be a sprint—instead you should slowly accelerate from your walk into a slow jog. At first you may be out of breath, but it will get better as you get into running shape.

**(Friday 01/29)**

**Rest Day**
**Tip:** If you've completed the Beginner's Training Program before and want a little more challenge this year, add light to moderate strength training on your rest day. Consider a consultation with a trainer to help strengthen your muscles to become a stronger runner.

**(Saturday 01/30)**

**Time:** 24 minutes
**Goal:** Walk 1 minute, run 3 minutes (6 times)

**Tip:** It is normal to feel stiff and sore after the first week. That is nothing to be worried about as it is part of the process of getting into shape. Soreness is good, pain is not.

**(Sunday 01/31)**

**Time:** 36 minutes
**Goal:** Walk 1 minute, run 2 minutes (12 times)
**Tip:** When running and walking in the cold, if possible, start running and walking into the wind so that you will have the wind at your back at the end of the workout. After the first few minutes, your body will warm up. It is very uncomfortable to run or walk into a cold wind after you have worked up a sweat running or walking with a tailwind.

**(Week 2: 02/01-02/07)**

**Overview:** In week 2 you'll begin increasing your running time while decreasing your walking breaks. By the end of this week, you will have increased your total run-walk time to 36 minutes. Returning runners have the option of fewer or no walking breaks. Rest days are built into the schedule to ensure that your body has adequate time to recover. Don't be surprised if you are stiff and sore after the workouts. This is quite normal. Join the CUCB Strava Club to share your training experience.

**(Monday 02/01)**

**Rest Day**
**Tip:** Staying hydrated during training is very important. Consider training with the same drink that will be served on race day by drinking Gatorade, the Official Sports Fuel Provider of the Cherry Blossom 10 Mile. For more information about Gatorade, click here.

**(Tuesday 02/02)**

**Time:** 20 minutes
**Goal:** Walk 1 minute, run 3 minutes (5 times)
**Tip:** Wear light layers of clothes if running in cold weather. Avoid heavy, bulky clothes. Runners lose a lot of heat through their head and hands so be sure to wear a hat and gloves. You can find the latest running gear, including outstanding apparel from ASICS, our official shoe and apparel sponsor, at PR Run & Walk stores in the D.C. Metropolitan area.

**(Wednesday 02/03)**

**Time:** 36 minutes
**Goal:** Walk 1 minute, run 3 minutes (9 times)
**Tip:** Be careful about running on snow and ice. Take short, choppy strides to avoid slipping or falling when running in winter conditions.

**(Thursday 02/04)**

**Time:** 25 minutes
**Goal:** Walk 1 minute, run 4 minutes (5 times)
**Tip:** Try to do your workout at the same time every day. Consistency will help make running a lifetime habit. It helps if you can find a workout buddy. You can find a running club in your area at the RRCA website.

**(Friday 02/05)**

**Rest Day**
**Tip:** When running in the early morning or late evening, make sure you are wearing reflective clothing, including a reflective vest or a flashing red light, to help drivers see you from afar.

**(Saturday 02/06)**

**Time:** 35 minutes
**Goal:** Walk 1 minute, run 4 minutes (7 times)
**Tip:** Stretch your calves, Achilles tendons, hamstrings, quadriceps and groin after your runs to prevent injury.

**(Sunday 02/07)**

**Time:** 24 minutes
**Goal:** Walk 1 minute, run 5 minutes (4 times)
**Tip:** If you are training on a treadmill, adjust the elevation to 1.0 to equate the effort of running outdoors.

**(Week 3: 02/08-02/14)**

**Overview:** Week 3 will have you increasing your total run-walk time to 42 minutes. If you feel ready, shorten or even skip the walking breaks but listen to your body – take the break if needed. Don't worry about your pace as it will increase over the next seven weeks. It is more important that you get used to longer total running times. It is okay if you find that you need to take a longer walking break, but try to limit it as much as possible. Check in with other beginner runners on the CUCB Strava Club. You might even find a running partner!

**(Monday 02/08)**

**Rest Day**

**Tip:** Recovery days are important to let your body adapt to the gains from your training and to let you recover from hard efforts. Consider foam rolling after a run, using a massage gun when you're sore, or spending time in the sauna. You might even treat yourself to a massage!

**(Tuesday 02/09)**

**Time:** 40 minutes
**Goal:** Walk 1 minute, run 4 minutes (8 times)
**Tip:** It can be very dangerous to run with earphones outdoors in isolated areas or on roads with traffic. Be aware of your surroundings at all times, especially cars.

**(Wednesday 02/10)**

**Time:** 28 minutes
**Goal:** Walk 1 minute, run 6 minutes (4 times)
**Tip:** When running on a road, always run facing traffic and be alert for oncoming vehicles. Wear reflective clothing if it is dark outside.

**(Thursday 02/11)**

**Time:** 42 minutes
**Goal:** Walk 1 minute, run 5 minutes (7 times)
**Tip:** You should be able to hold a conversation during the running portion of the workout. If you are out of breath, try slowing down.

**(Friday 02/12)**

**Rest Day**

**Tip:** Don't worry if you need more sleep as your body adapts to running. Athletes generally need more rest when engaged in a vigorous exercise program.

**(Saturday 02/13)**

**Time:** 42 minutes
**Goal:** Walk 1 minute, run 6 minutes (6 times)
**Tip:** You are getting stronger and should start feeling like you do not need to walk. Make sure to continue to hydrate with Gatorade, the official Sports Fuel Provider of the Cherry Blossom 10 Mile Race, to get the most out of your training and be able to perform at your best on race day. For details about Gatorade, click here.

**(Sunday 02/14)**

**Time:** 32 minutes
**Goal:** Walk 1 minute, run 7 minutes (4 times)
**Tip:** Happy Valentine's Day! Treat your training runs like little "love notes" to yourself—show up, pace yourself, and celebrate the progress.

**(Week 4: 02/15-02/21)**

**Overview:** In week 4, your longest walk-run is 48 minutes, with longer distances between walking breaks or none at all. Don't worry about the walk-run approach, soon you will be running non-stop. You may feel like you are working harder, and you are!! Share your training experience and give us feedback on your training by joining the CUCB Strava Club.

**(Monday 02/15)**

**Rest Day**

**Tip:** If you're considering purchasing a new pair of running shoes, give yourself ample time to break them in before race day. For friendly, expert advice visit PR Run & Walk, our official retail partner, with 9 stores throughout the Washington Metropolitan area. They have the latest shoes and high-tech apparel including from ASICS, our official shoe and apparel sponsor. You can also visit them online if you are not in the Washington, D.C. area.

**(Tuesday 02/16)**

**Time:** 40 minutes
**Goal:** Walk 1 minute, run 9 minutes (4 times)
**Tip:** Keep your arms and shoulders relaxed while running.

**(Wednesday 02/17)**

**Time:** 27 minutes
**Goal:** Walk 1 minute, run 8 minutes (3 times)
**Tip:** Looking for a training partner to help keep you motivated? Our CUCB Strava Club may help you find one. You can also contact your local running club. Visit the RRCA to find a running club near you.

**(Thursday 02/18)**

**Time:** 40 minutes
**Goal:** Walk 1 minute, run 9 minutes (4 times)
**Tip:** Try to maintain a conversational effort at all times. You should not be completely out of breath.

**(Friday 02/19)**

**Rest Day**
**Tip:** If you want to stretch on your rest day, before you do, go for a brisk walk or an easy ride on an exercise bicycle to warm up your muscles. **Never stretch cold muscles.**

**(Saturday 02/20)**

**Time:** 48 minutes
**Goal:** Walk 1 minute, run 11 minutes (4 times)
**Tip:** You should start getting used to only having very short walking breaks. You can skip the walking break if you feel you do not need it. It is really important to stay hydrated on these longer runs. Consider training with the same drink that will be served on race day by drinking Gatorade, the Official Sports Fuel Provider of the Credit Union Cherry Blossom 10 Mile race.

**(Sunday 02/21)**

**Time:** 30 minutes
**Goal:** Walk 1 minute, run 14 minutes (2 times)

**Tip:** Try to keep your shoulders relaxed while running. Arms should swing like a pendulum.

**(Week 5: 02/22-02/28)**

**Overview:** Week 5 has a little bit of everything. It includes your first non-stop running days as well as a couple of longer (45 and 48 minute) walk-runs with minimal walking. Don't worry if you miss an occasional workout. Doing most of the workouts will result in success on race day. Want your training to be more interactive? Join our CUCB Strava Club. It is a good way to stay connected and motivated.

**(Monday 02/22)**

**Rest Day**

**Tip:** Think how far you have already come from your first day of training. You just finished your first month of training. Six weeks to go before the Credit Union Cherry Blossom. If you have followed the first four weeks of training, you are on target to be able to run the entire ten miles on race day.

**(Tuesday 02/23)**

**Time:** 45 minutes
**Goal:** Walk 1 minute, run 14 minutes (3 times)
**Tip:** On the longer runs, carry a squeeze bottle filled with a sports drink such as Gatorade to stay properly hydrated. For more information about Gatorade, which will be available on the course on race day, click here.

**(Wednesday 02/24)**

**Rest Day**

**Tip:** Be prepared for your first day of nonstop running tomorrow. Spend your time off stretching, doing light weights and/or Yoga/Pilates.

**(Thursday 02/25)**

**Time:** 25 minutes
**Goal:** Run 25 minutes (no stopping)
**Tip:** Keep focused on your goal of running without stopping. If you feel like stopping, try slowing down to see if that helps.

**(Friday 02/26)**

**Rest Day**
**Tip:** Congratulations on completing your first non-stop run.

**(Saturday 02/27)**

**Time:** 51 minutes
**Goal:** Walk 1 minute, run 16 minutes (3 times)
**Tip:** Try to run as long as you can without a walking break. Instead of stopping to walk, try to slow down a bit and keep moving.

**(Sunday 02/28)**

**Time:** 27 minutes
**Goal:** Run 27 minutes non-stop
**Tip:** It should start feeling easier. Go out a bit slower for the first ten minutes and then pick up the pace.

**(Week 6: 03/01-03/07)**

**Overview:** Week 6 includes two long walk-runs of 50 and 56 minutes plus some longer non-stop runs. There is also one aerobic interval day designed to build up your anaerobic threshold, which helps to increase your pace. Things should start coming together for you if you have been following the program. Now that you are starting to run longer, including non-stop runs and short intervals, you may want to start using a sports watch to assist you in your training if you haven't been using it already. Besides calculating your time, distance, and pace, sports watches record other bio-metric data such as numbers of hours of sleep you need at night. Want to connect with your fellow runners? Join our CUCB Strava Club.

**(Monday 03/01)**

**Rest Day**
**Tip:** You are more than half-way through your training. You have truly earned the title of "runner" by this point. Look back to see how much progress you have made. You should feel good about what you have done so far and where you are headed.

**(Tuesday 03/02)**

**Time:** 50 minutes
**Goal:** Walk 1 minute, run 24 minutes (2 times)
**Tip:** Wearing sunglasses with UV protection can help protect your eyes on sunny days.

**(Wednesday 03/03)**

**Time:** 33 minutes
**Goal:** 33 minutes non-stop running
**Tip:** If you can finish this run without stopping, you are on your way to being able to finish the Credit Union Cherry Blossom 10 Mile race.

**(Thursday 03/04)**

**Time:** 30 minutes
**Goal:** 30 minutes non-stop running
**Tip:** Continue to work on your flexibility by stretching after every run and on your days off.

**(Friday 03/05)**

**Rest Day**
**Tip:** Make sure you are getting a lot of rest on these days off. Next week you will begin three consecutive days of running without a walking break.

**(Saturday 03/06)**

**Time:** 56 minutes
**Goal:** Walk 1 minute, run 27 minutes (2 times)
**Tip:** See how long you can run before needing a walking break. Skip the walking break if you can.

**(Sunday 03/07)**

**Time:** 30 minutes
**Goal:** 30 minutes of running including 10 minutes of aerobic intervals (15 seconds hard/45 seconds easy)
**Tip:** Start off with 10 minutes of easy running, then alternate during the next 10 minutes by running 15 seconds at a slightly harder effort (**DO NOT SPRINT**) followed by 45 seconds of very easy jogging for a total of ten times. Finish the run by doing the final 10 minutes at a very

easy jog. You should be huffing and puffing during the 10 minutes of aerobic intervals. If you don't have a watch, try counting 22 left foot strikes, which is approximately 15 seconds, and then count 67 left foot strikes, which is approximately 45 seconds.

**(Week 7: 03/08-03/14)**

**Overview:** Week 7 has no more walk-runs. You are getting closer to race day. You will be doing your first long non-stop runs of 60 and 65 minutes, a couple of shorter runs and one day of aerobic intervals. It is okay if you need to stop for a moment during the long runs but try to limit the time to simply catching your breath. Thousands have successfully completed this program—you can do it too! Don't forget about our CUCB Strava Club.

**(Monday 03/08)**

**Rest Day**

**Tip:** You are less than a month away from the race. You are now in the final stage of preparation. If you have been following the program and doing the workouts, you are on target to run the 10 Mile race. Thousands of runners have successfully followed the Beginner Program and have finished the race—it should work for you.

**(Tuesday 03/09)**

**Time:** 20 minutes
**Goal:** 20 minutes of easy running
**Tip:** This should be an easy recovery day from the hard day you had on Sunday.

**(Wednesday 03/10)**

**Time:** 60 minutes
**Goal:** Run the entire 60 minutes without a walking break
**Tip:** Start out slowly, maintaining a conversation pace, for the first 10-15 minutes to help you make it through this run without taking a walking break.

**(Thursday 03/11)**

**Time:** 35 minutes
**Goal:** 35 minutes of easy running

**Tip:** This recovery run should be at a very easy conversational pace. No heavy breathing.

**(Friday 03/12)**

**Rest Day**

**Tip:** About 3 weeks to go. Your training is almost over. If you need to replace your running shoes, now is the time to consider getting a new pair of shoes to break them in before race day. You do not want to run the race in a brand-new pair of shoes. For friendly, expert advice visit PR Run & Walk, our official retail partner, with 9 stores throughout the Washington Metropolitan area. They have the latest running shoes and apparel, including outstanding models from ASICS, our official shoe and apparel sponsor.

**(Saturday 03/13)**

**Time:** 35 minutes
**Goal:** Include 15 minutes of aerobic intervals (15 seconds hard/45 seconds easy)
**Tip:** Start out with easy running for the first 10 minutes. Then for the next 15 minutes, run 15 seconds hard (**DO NOT SPRINT**) followed by a 45-second very easy jog. The 15-second portion should not be a sprint but instead should simply be a slightly harder effort than you normally run. Repeat the 15/45 pattern 15 times for a total time of 15 minutes. Jog the last 10 minutes at very easy effort to finish the workout. Try to stay relaxed during the 15 seconds of hard running. If you don't have a watch, try counting 22 left foot strikes, which is approximately 15 seconds, and then count 67 left foot strikes, which is approximately 45 seconds.

**(Sunday 03/14)**

**Time:** 65 minutes
**Goal:** 65 minutes without a walking break
**Tip:** Don't worry that you have not yet run 10 miles. It is not necessary to have run 10 miles in training to complete the Credit Union Cherry Blossom. Thousands of beginners have followed this program and successfully completed the 10 miles. You should be able to finish the race if you have been following the training schedule.

**(Week 8 03/15-03/21)**

**Overview:** Week 8 has several long runs with one set of back-to-back long runs of 60 and 80 minutes. These runs are more important than the shorter 40-minute runs, so if you need to skip a day, it should be a 40-minute run. You can always adjust the days of the long runs, as long as you do not do three consecutive long runs. Don't worry if you need to take a short break during the long runs—use the break to hydrate. This is essentially what you do when you stop at one of the water or Gatorade stations during the race. Have you shared your training experience? Join the CUCB Strava Club.

**(Monday 03/15)**

**Rest Day**

**Tip:** Keep on stretching and consider staying hydrated with Gatorade, the official Sports Fuel Provider of the Cherry Blossom race that will be provided on race day. For more information about Gatorade, click here.

**(Tuesday 03/16)**

**Time:** 40 minutes
**Goal:** Easy running
**Tip:** Think how hard it was to run for even a few minutes at the beginning. Think how much easier it has become and how far you have come.

**(Wednesday 03/17)**

**Time:** 40 minutes
**Goal:** Include 15 minutes of aerobic intervals (15 seconds hard/45 seconds easy)
**Tip:** Start out running very easy for 15 minutes. For the next 15 minutes, run hard 15 seconds (**DO NOT SPRINT**) followed by a 45-second easy jog. Do this 15/45 pattern for a total of 15 minutes or 15 times. Then run easy for 10 more minutes to complete the workout. If you don't have a watch, try counting 22 left foot strikes, which is approximately 15 seconds, and then count 67 left foot strikes, which is approximately 45 seconds.

**(Thursday 03/18)**

**Time:** 70 minutes

**Goal:** Nonstop running
**Tip:** Start visualizing how you will look and feel when you cross the finish line on April 4.

**(Friday 03/19)**

**Rest Day**
**Tip:** Just over two weeks to go. You should be feeling very strong by now.

**(Saturday 03/20)**

**Time:** 60 minutes
**Goal:** Easy run
**Tip:** This run should be a very easy effort because tomorrow you have a long run to complete.

**(Sunday 03/21)**

**Time:** 80 minutes
**Goal:** Finish the long run without walking
**Tip:** Try to stay relaxed during this run. It may seem really long, but if you have been doing the training you may be able to complete the run without stopping. If you have to walk, take very, very short walking breaks - only a few seconds.

**(Week 9: 03/22-03/28)**

**Overview:** Week 9 has several shorter runs and your last long run of 100 minutes. The long run is the most important run in your training. Completing it should lead to a successful race. Feel free to move the long run up a day or two if you need to change your schedule, but only do that run after a rest day.

**(Monday 03/22)**

**Rest Day**
**Tip:** You may feel sore from yesterday's run. That is normal. The stiffness should go away in a couple of days. Try stretching and go for an easy walk.

**(Tuesday 03/23)**

**Time:** 40 minutes
**Goal:** Easy run
**Tip:** Keep your effort easy and at a conversational pace. Stop for water or a sports drink such as Gatorade if you are thirsty. If you are still feeling tired from Sunday's long run, take today off.

**(Wednesday 03/24)**

**Time:** 35 minutes
**Goal:** Easy run
**Tip:** Don't be surprised if you are still a bit sore from Sunday's long run.

**(Thursday 03/25)**

**Time:** 30 minutes
**Goal:** Easy run
**Tip:** Your training is almost over. This is your last hard week.

**(Friday 03/26)**

**Rest Day**
**Tip:** Try to stay off your feet in preparation for your longest training run.

**(Saturday 03/27)**

**Time:** 100 minutes
**Goal:** Easy non-stop run
**Tip:** This is your last long run before the race. Try to practice your pre-race routine—eat what you plan to eat on the morning of the race, empty your bladder and bowels and wear the running gear and shoes you plan to use on race day. Keep in mind that it is not necessary to have completed a 10-mile training run to complete the Cherry Blossom 10 Mile Race. Thousands of beginning runners have followed this program and successfully completed past races.

**(Sunday 03/28)**

**Rest Day**
**Tip:** One week to go. The taper period has started. Your main goal now should be to be rested by race day.

**Week 10 RACE WEEK: 03/29-04/04)**

**Overview:** This is a taper week with very little running. The hard training is over. Your goal is to feel strong and ready to go on race day. Keep hydrating, get plenty of rest and start carb-loading during the week. Fight the temptation to run hard as you may be feeling frisky by the end of the week. If you missed some runs, now is not the time to cram extra miles in. You may also want to share your training experience on our CUCB Strava Club.

**(Monday 03/29)**

**Time:** 35 minutes
**Goal:** Start taper
**Tip:** If you are still feeling tired from the 100-minute run, take the day off.

**(Tuesday 03/30)**

**Rest Day**
**Tip:** Rest, Rest, Rest

**(Wednesday 03/31)**

**Time:** 25 minutes
**Goal:** Continue to reduce the amount of running time
**Tip:** Make sure that you keep this run very easy

**(Thursday 04/01)**

**Rest Day**
**Tip:** Continue to stretch and keep hydrated with water or a sports drink such as Gatorade, the Official Sports Fuel Provider of the Cherry Blossom race. For details about Gatorade, click here.

**(Friday 04/02)**

**Time:** 20 minutes
**Goal:** More tapering
**Tip:** This is your last run before the race. Run very easy. You should go out very leisurely. Consider picking up your packet at the Health & Fitness Expo presented by Wegmans at the National Building Museum after it opens at 1:00 p.m., if possible. This will mean less time on your feet on Saturday. **Remember there is no packet pick-up at the race site on Sunday.**

**(Saturday 04/03)**

**Rest Day**

**Tip:** Today is the last day to pick up your number at the Health and Fitness Expo presented by Wegmans at the National Building Museum between 9:00 a.m. and 5:00 p.m. You can speed up the process by bringing your confirmation email or having it on your mobile device. Take advantage of the merchants and pick up some great running gear. Eat a nice pasta dinner. Lay out your running gear the night before the race and pin your number on the race singlet or shirt. Check the race website to review transportation options. The race starts at 7:30 a.m. on Sunday. With your training done, you can plan how to help the race be an environmentally friendly event by reviewing our sustainability page at https://www.cherryblossom.org/about/sustainability/.

**(Sunday 04/04)**

**RACE DAY**

**Tip:** **Try to get to the race by 6:30 a.m., an hour before the 7:30 a.m. start.** Check the race website for recommended transportation alternatives. After you arrive, place your gear in the clear plastic bag-check bag you received at packet pick-up and check it at the Bag Check tent; get in line early for the porta-potties. Closely follow the announcements regarding the appropriate time to assemble at the starting line. Line up with your pre-assigned wave at the start. Run easy for the first 10 to 15 minutes. Avoid starting out too fast and zigzagging around other runners during the first mile when it is the most crowded. The few seconds you save may cost you minutes at the end of the race because of expending needless energy. Slowly pick up your pace until you are at your goal pace by the end of the first mile. Try to run steadily and comfortably. You can always pick up the pace the last few miles. GOOD LUCK!

**(Recovery Week: 04/05-04/11)**

**CONGRATULATIONS!** Now that you have completed the race, running can become a way of life for you if you keep it up. Take Monday and Tuesday off to rest. Instead go for an easy walk to loosen up. A yoga class might help you reduce some of the soreness and tightness from going the distance. You can resume

running 20-30 minutes on Wednesday, Friday, and Sunday. For those of you who want to keep running now that you have gotten in great shape, try to run 3-4 times per week with a weekly long run of 40-60 minutes. For additional motivation and companionship, join a running club or go to your local running store to find a training group. A PR Run & Walk store is a good source of training information as well as the latest shoes and apparel, including outstanding ASICS shoes and apparel. Share your experience with your fellow runners and give us feedback on the training plan on our CUCB Strava Club.

