

# 2022 Spring Endurance Training Schedule

## WINTRUST LAKEFRONT 10 MILER & 5K

Our 2022 training begins on **Monday**, February 7. The training schedule is below. Days that do not have scheduled walks should be used for rest/recovery or cross training (yoga, Pilates, weight lifting...). **Rest/recovery days are an important part of any training.**

Make the schedule work for you. More and more information is available about how athletes may need different training programs to reach their peak performance for the same race. This may be due to different body types, the time you have to train, where you are in your recovery from an injury or illness, your fitness level when you begin, your age... Whatever your case may be, make sure you follow doctor or therapist's instructions if you have them, and **listen to your own body** as you embark on our spring endurance training.

This training schedule is a suggestion. Do your walks on the days that work best for you. The long walks are listed on Saturdays so that we can do them together. (Note the Saturday start times. Be warmed up and ready to leave at that time.) At least one of the walks each week should include speed work. The little lines are for you to keep track of your actual miles walked.

### 2020 Endurance Training Schedule (in Miles)

Week # & Date	MON	TUE	WED	THU	FRI	SAT (date & start time)	SUN	WEEK TOTAL
<b>1</b> (2/7)	3__	5__	X	4__	X	6__ ( <b>2/12 8:30</b> )	X	18__
<b>2</b> (2/14)	3__	5__	X	4__	X	7__ ( <b>2/19 8:15</b> )	X	19__
<b>3</b> (2/21)	3__	4__	X	4__	X	6__ ( <b>2/26 8:30</b> )	X	17__
<b>4</b> (2/28)	4__	5__	X	5__	X	8__ ( <b>3/5 8:00</b> )	X	22__
<b>5</b> (3/7)	4__	6__	X	5__	X	9__ ( <b>3/12 8:00</b> )	X	24__
<b>6</b> (3/14)	3__	4__	X	4__	X	7__ ( <b>3/19 8:15</b> )	X	18__
<b>7</b> (3/21)	4__	6__	X	5__	X	10__ ( <b>3/26 8:00</b> )	X	25__
<b>8</b> (3/28)	3__	5__	X	4__	X	7__ ( <b>4/2 8:15</b> )	X	19__
<b>9</b> (4/4)	3__	4__	X	3__	3__	X	10__ (9:00)	23__

RACE DAY (4/10)

X = Rest or Cross Train

#### Remember to:

- carry a water bottle. You must hydrate to stay in condition.
- take a replacement gel or other energy source every few miles to maintain blood sugar, electrolytes and your energy level.
- carry an I.D., cash/credit card, and phone in case of emergency.
- try new shoes, socks, or clothes on short walks to make sure they are right for you.
- lie down and raise your straight legs perpendicular to the floor (lean them against a wall) for at least 5 minutes--longer is better--as soon as possible after you walk. This really helps your legs recover. It's also helpful to do this the night before a long walk or race.
- eat after a long workout. A meal is good, if possible, otherwise, try to eat some protein (a protein bar, hard-boiled egg...)