



KnightonRuns.com

12-Week Base Building Plan

Welcome!

Distance runners will see tremendous improvement in their performances through consistent running and staying healthy. Runners training less than 40 miles per week will see the most improvement in their fitness by safely building their weekly mileage. This plan is designed for the runner who is comfortably running 3-4 times a week for a total of 20 miles week. Over the course of 12-weeks, you will build up your number of running days and weekly mileage. By the end of the plan you will be running 6-days a week, 40 miles a week, and have a solid foundation to take on more intense event-specific training.

Legend

Rest Day	No running or other strenuous exercise allowed on this day. The purpose is to relax as much as possible to let the benefits of training take effect. Taking a day off will make you motivated to go run again tomorrow.
Easy Run	An easy, casual run that allows you to strengthen your cardiovascular system, muscles, and bones with the lowest stress on your body necessary. The run should feel easy and comfortable, never hard. Your pace is irrelevant, don't look at your watch, just go by feel. Breathing should be easy. You should be able to speak in full sentences while running and have a normal conversation with a friend running alongside you. You can't go too slow on these, so slow down. The goal is to run easy enough so you'll feel rested in time for your next hard or long run. Ideally you'll feel refreshed and better when you finish than when you started.
Recovery Run	A recovery run is essentially the same as an easy run, but it takes place after a hard or long effort. The goal is to accelerate healing in the body through gentle exercise. Don't worry about going too slow and run the pace that feels right. You should feel better at the end of the run than at the beginning
Long Run	The weekly long run is the most important workout for long-distance runners. It simulates long-distance races while providing a powerful aerobic and strength stimulus. Long run pace varies from week to week depending on the goal of the specific long run. Take care to properly hydrate, fuel, recover in the days surrounding the long run, because it is hard on the body.
Strides	Strides are ~100m fast runs at 9/10 effort or roughly your 1-mile race pace. Stay relaxed. Strides are not meant to be hard, because the running duration is short. Give yourself 1-2 minutes of standing, walking, or jogging rest, or until you feel fully recovered, before performing the next stride. Never rush through them. Practicing strides allows you to regularly work on your running form, speed, and efficiency. Strides help loosen up our legs when we are tired from steady easy-paced mileage.
Tempo Run	Imagine a pace you could maintain for about 1-hour in a race, this is your "tempo pace". For most runners this is between their 10k and Half Marathon Pace. Running for long durations at this pace promotes physical and mental endurance. The pace should feel "comfortably-hard". Breathing should be moderate-to-hard but not truly hard. You should be able to say a few words, but not be able to speak full sentences. Should feel like an 8 out of 10 effort. Avoid the temptation to turn it into a race, running harder than the prescribed effort will make the workout more demanding than it is intended to be and will throw off your training schedule.
Fartlek	Fartleks are structured or unstructured surges in speed during the course of a continuous run. These runs are intended to be fun, not highly regimented. Imagine your 5k to 10k race pace when running the surges, but do not worry about your specific pace. Each surge should feel fast, a 8-9/10 effort. Run controlled enough that you can maintain good form and a consistent speed throughout each surge. You should be able to run easily between surges. You are going too fast if your performance degrades over the course of the workout or you have to stop and walk.
Progressive Pace	A progression run is an unstructured effort-based run where you speed up over time. Start the run at an easy pace for several miles then gradually increase your effort-level to around tempo run effort or faster. The speed increases should be gradual so that you only move up to the next speed as you feel comfortable in your current one. It should feel good as you build speed and don't worry about your specific pace. This workout is designed to be fun, make you go through the paces, and feel strong with a fast finish. Always end the run with a couple easy cool-down miles.

Got Questions?

Email me at knightonruns@gmail.com

DM me on Instagram @knightonruns

For coaching, running plans, and additional resources, check out:

www.KnightonRuns.com

[@knightonruns on Instagram](https://www.instagram.com/knightonruns)



KnightonRuns.com

12-Week Base Building Plan

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1	0 Rest Day	5 Easy Run	0 Rest Day	5 Easy Run	0 Rest Day	6 Easy Run	4 Recovery Run	20
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
2	0 Rest Day	6 Easy Run	0 Rest Day	5 Easy Run	0 Rest Day	6 Easy Run	5 Recovery Run	22
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
3	0 Rest Day	5 Easy Run	4 Easy Run	5 Easy Run	0 Rest Day	6 Easy Run	5 Recovery Run	25
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
4	0 Rest Day	5 Easy Run + 4 x 100m strides	4 Easy Run	5 Easy Run	0 Rest Day	6 Easy Run + 4 x 100m strides	5 Recovery Run	25
Athlete's Comments:								

Training Notes:

These first four weeks focus on building a solid foundation through easy running. You will gradually transition from running 4 days a week to 5 days a week. Over the first three weeks you will increase your mileage. On the fourth week you will add in speed-training with strides.

Don't be afraid to take 1-2 days off if anything doesn't feel right. Also feel free to repeat any week if you don't yet feel ready to increase mileage or intensity. Staying healthy while training is the key to your improvement.

For coaching, running plans, and additional resources, check out:

www.KnightonRuns.com

Follow [@knightonruns](https://www.instagram.com/knightonruns) on Instagram



KnightonRuns.com

12-Week Base Building Plan

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
5	0 Rest Day	5 Easy Run + 4 x 100m strides	4 Easy Run	5 Easy Run + 4 x 100m strides	0 Rest Day	7 Long Run at Easy Pace	4 Recovery Run Run + 4 x 100m strides	25
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
6	0 Rest Day	6 Easy Run + 4 x 100m strides	5 Easy Run	6 Easy Run + 4 x 100m strides	0 Rest Day	7 Long Run at Easy Pace	6 Recovery Run Run + 4 x 100m strides	30
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
7	0 Rest Day	5 Easy Run	7 2 mi Warmup, 4x 100m strides, 20-minute Tempo, 2 mi Cooldown	5 Recovery Run + 4 x 100m strides	0 Rest Day	8 Long Run at Easy Pace on a Hilly Route	5 Recovery Run Run + 4 x 100m strides	30
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
8	0 Rest Day	5 Easy Run	7 Easy Run w/ Fartlek 10 x (1-min fast, 1- min easy) starting after 3 miles	5 Recovery Run + 4 x 100m strides	0 Rest Day	8 Long Run w/ Progressive Pace	5 Recovery Run Run + 4 x 100m strides	30
Athlete's Comments:								

Training Notes:

Weeks 5 through 8 continue to build your weekly mileage with a focus on easy running. Speed is sprinkled in regularly with strides. Starting in week 7, you will start running a mid-week workout at faster paces. The weekend long run is also getting more challenging. To ensure success in your harder runs, make sure the easy/recovery runs are slow enough to rejuvenate you before your next hard run. Hydrate well in the days leading up to your workouts and long run. Get a good meal in shortly after each workout and long run to speed up recovery.

Don't be afraid to take 1-2 days off if anything doesn't feel right. Also feel free to repeat any week if you don't yet feel ready to increase mileage or intensity. Staying healthy while training is the key to your improvement.

For coaching, running plans, and
additional resources, check out:
www.KnightonRuns.com
Follow @knightonruns on Instagram



KnightonRuns.com

12-Week Base Building Plan

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
9	0 Rest Day	7 Easy Run + 4 x 100m strides	4 Recovery Run	7 Easy Run + 4 x 100m strides	5 Recovery Run	8 Long Run at Easy Pace	4 Recovery Run Run + 4 x 100m strides	35
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
10	0 Rest Day	5 Easy Run	7 2 mi Warmup, 4x 100m strides, 20-minute Tempo, 2 mi Cooldown	5 Recovery Run + 4 x 100m strides	5 Easy Run	9 Long Run at Easy Pace on a Hilly Route	4 Recovery Run Run + 4 x 100m strides	35
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
11	0 Rest Day	5 Easy Run	7 Easy Run w/ Fartlek 5 x (2-min fast, 2- min easy) starting after 3 miles	5 Recovery Run + 4 x 100m strides	5 Easy Run	9 Long Run w/ Progressive Pace	4 Recovery Run Run + 4 x 100m strides	35
Athlete's Comments:								
Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
12	0 Rest Day	7 Easy Run + 4 x 100m strides	6 Recovery Run	7 Easy Run + 4 x 100m strides	5 Recovery Run	10 Long Run at Easy Pace	5 Recovery Run Run + 4 x 100m strides	40
Athlete's Comments:								

Training Notes:

Weeks 9 through 12 have you increasing to 35 miles per week, getting comfortable at that volume, and then finally in week 12 going up to 40 miles a week. You will now be running 6 days a week with 1 rest day. Now it is critical that you keep the easy and recovery days comfortable so that you recover from them in time before your next challenging run.

Don't be afraid to take 1-2 days off if anything doesn't feel right. Also feel free to repeat any week if you don't yet feel ready to increase mileage or intensity. Staying healthy while training is the key to your improvement.

Congrats on doubling your mileage in just three months time! If you maintain 40 miles of running per week, you will start to see tremendous improvement in your running performances. Maintain at least 3 weeks at 40 miles before making any more increases.

You are now ready to take on an event specific training program!

For coaching, running plans, and additional resources, check out:

www.KnightonRuns.com

Follow @knightonruns on Instagram