

THE NAVY TEN NAUTICAL MILER



12 Week Training Program (time)

*This program is designed to run from March 11 - June 2, 2019
and can be used for anyone who is looking to improve their 10NM time.*

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|---------------|------------|---------------|----------|-------------|
| 1 | 20 min | Yoga | Interval | 25 Min | AR | 35 Min | R & S |
| 2 | 25 Min | Yoga | Interval | 35 Min | AR | 45 Min | R & S |
| 3 | 25 Min | Yoga | Interval | 35 Min | AR | 55 Min | R & S |
| 4 | 30 Min | Yoga | 50 Min | HIIT Class | Cycling Class | 60 Min | R & S |
| 5 | 35 Min | Yoga | 50 Min | HIIT Class | Cycling Class | 65 Min | R & S |
| 6 | 35 Min | Yoga | 60 Min | HIIT Class | AR | 70 Min | R & S |
| 7 | 40 Min | Yoga | Interval | 50 Min | AR | 50 Min | R & S |
| 8 | 40 Min | Yoga | Interval | 50 Min | AR | 75 Min | R & S |
| 9 | 30 Min | Yoga | Cycling Class | 50 Min | AR | 80 Min | R & S |
| 10 | 25 Min | Yoga | Interval | R & S | 30 Min | R & S | 90 Min |
| 11 | R & S | Yoga | Interval | 60 Min | AR | 80 Min | R & S |
| 12 | 30 Min | Yoga | 30 Min | R & S | AR | R & S | Race Day!!! |

KEY: R & S - Rest and Stretch | AR - Active Recovery (swimming, walking the dog, etc) | Interval - See description for details

The best training program is the one that works for YOU!

*This program can be tailored to fit any athlete by adjusting the intensity or duration.
Feel free to use this program as a guide, but do not feel constricted or limited by it.*

The interval days can be accomplished several different ways. We suggest the 3 following workouts:

In's and Outs- 4 to 6 laps of jogging/walking the curves of the track and sprinting the straightaways of the track.

Repeat 200's - Sprint a curve and straightaway, then walk a curve and straightaway, repeat 6 times.

Treadmill interval training is accomplished by adjusting the speed and for a certain amount of time.

For example: Run for 2 minutes at 5 mph, run for 1 minute at 7 mph. Repeat for 20 minutes.

1 ON 1 GUIDANCE AND CLASSES AVAILABLE FOR NAVY MWR MID-SOUTH FITNESS PATRONS.

For those of you that are eligible to participate in Navy MWR Fitness programs at the Joe Dugger Fitness Center on-board Naval Support Activity Mid-South, we are offering 1 on 1 guidance by our fitness staff.

To take advantage of this come by Joe Dugger Fitness Center (bldg. S-499 | 5671 McCain St.)

between the hours of 1100-1700 and ask for a trainer at the front desk.

The group exercise classes are offered at Joe Dugger Fitness Center on the specified dates noted on the schedule.

Special Note: At the 10NM we have a large group of walkers every year so feel free to run or walk this program.

Everyone that completes the course regardless of whether they run or walk receives our fabulous 10NM finisher medal.

Our race is all about providing the best race possible for all who participate regardless the speed.

Time limit to complete the course is 4 hours.