

# FROM ZERO TO HERO

## Ragnar's Novice 12-Week Training Program

This 12-week training program was created for those who do not run on a regular basis. It's important to build up slowly so you don't get hurt. There is a 3 week intro period to running where you will run 3-4 times a week. The 4th run is optional for the first 6 weeks. During week 7-12, we suggest you do a few of your runs at night to mimic the night run you'll do during your Ragnar, in addition to running twice a day on tired legs like you will during Ragnar. Yoga, boot camp, crossfit, TRX are all great in addition to running, but not as a substitute.



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1		15 min.		15 min.		20 min.	20 min.
2		15 min.		15 min.		20 min.	20 min.
3		15 min.		15 min.		20 min.	20 min.
4		20 min.		20 min.		30 min.	30 min.
5		20 min.		20 min.		30 min.	30 min.
6		25 min.		25 min.		40 min.	40 min.
7		30 min. 10x30 sec pickups (1 min rest)		25 min.		40 min. 6x1 min. pickups (90 sec. rest)	45 min.
8		30 min. 5x90 sec pickups (2 min rest)		35 min.		45 min. 8x1 min. pickups (90 sec. rest)	30 min.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9		35 min.		35 min. 4x3 min pickups (5 min rest)		50 min.	40 min.
10		40 min. 6x2 min pickups (3 min rest)		45 min.		60 min. 4x3 min pickups (4 min rest)	45 min.
11		40 min.		45 min. 2x5 min pickups (7 min rest)		60 min.	45 min.
12		25 min. 6x30 sec pickups (1 min rest)		20 min.			

■ Denotes optional two-a-day. So split time in half and run 6-8 hours apart.

■ Denotes optional night run. Practice running with a headlamp and get used to running with safety gear.

\*Pickups are accelerations during the run. Accelerate from normal running pace for the time specified, and then go back to regular pace during rest periods.



### ABOUT STEVE JONES:

Steve Jones, former marathon and half marathon record holder, is a longtime Reebok ambassador. Steve has won multiple major marathons including Chicago, London and NYC and currently coaches runners to maximize their fullest potential.