

# Grand Blue Mile

## Beginner Training Program



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength Training Workout Or Rest Day	0.25 Mile Run/Walk	15 Minutes of Cross Training	0.25 Mile Run/Walk	Rest Day	0.25 Mile Run/Walk	Rest Day
2	Strength Training Workout	0.50 Mile Run/Walk	15 Minutes of Cross Training	0.50 Mile Run/Walk	Rest Day	0.50 Mile Run/Walk	Rest Day
3	Strength Training Workout	0.75 Mile Run/Walk	20 Minutes of Cross Training	0.75 Mile Run/Walk	Rest Day	0.75 Mile Run/Walk	Rest Day
4	Strength Training Workout	1 Mile Run/Walk	25 Minutes of Cross Training	1 Mile Run/Walk	Rest Day	1 Mile Run/Walk	Rest Day
5	Strength Training Workout	1.25 Mile Run/Walk	30 Minutes of Cross Training	1.25 Mile Run/Walk	Rest Day	1.25 Mile Run/Walk	Rest Day
6	Strength Training Workout Or Rest Day	Grand Blue Mile!					

### Strength Workout: 2 sets of 10 reps (heavy weights)

- Squats
- Push-ups
- Dips
- Bicep curls
- Shoulder press
- Lateral raises
- Chest press
- French press
- Lunges
- Push-ups w/ stability ball
- Tricep extension
- Hammer curls
- Frontal raise
- Plank
- Sit-ups

### Cross Training Options

- Cardio Machines – Elliptical, Bikes, etc.
- Swimming
- Spinning
- Group Exercise Classes