

Base Building Phase & Objectives

- Develop your muscle capacity & aerobic systems
- Prepare body and mind for endurance running

Primary focus is “Less on Intensity, More on Volume of Running.

Why you need to run slower to run longer and faster:

1. Reduce intensity to keep the stress & rest cycle balanced to reduce/minimize risk of injury
2. Build capillary beds around your working muscles → helps deliver oxygen faster to your working muscles
3. Build mitochondria in muscle cells → helps produce energy to power your muscles
4. Increase durability of your muscles, tendons, ligaments and bones to be more resistant to injury

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Phase	Week	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun	Total Miles	Coach Notes Comments
BASE BUILDING PHASE	1	3	4	Rest or Xtrain	4	Rest	5	Stretch/Strength	16	See note [1]
	2	3	4	Rest or Xtrain	4	Rest	6	Stretch/Strength	17	
	3	3	4 - 5	Rest or Xtrain	4	Rest	7	Stretch/Strength	18 - 19	
	4	3	5	Rest or Xtrain	4 - 5	Rest	8	Stretch/Strength	20 - 21	
	5	3	5	Rest or Xtrain	4 - 5	Rest	9 ^[2]	REST	20 - 22	See note [2]
	6	4	5	Rest or Xtrain	5	Rest	6 ^[2]	Stretch/Strength	20 - 21	See note [2]
	7	4	5 - 6	Rest or Xtrain	5	Rest	10	Stretch/Strength	24 - 25	
	8	4	5 - 6	Rest or Xtrain	5	Rest	11 - 12	Stretch/Strength	25 - 27	
	9	4	5 - 6	Rest or Xtrain	5	Rest	13	Stretch/Strength	27 - 28	
	10	4	5 - 6	Rest or Xtrain	5 - 6	Rest	14 - 15	Stretch/Strength	28 - 31	
	11	4	6	Rest or Xtrain	5 - 6	Rest	10 ^[2]	Stretch/Strength	25 - 26	See note [3]
	12	4	5 - 6	Rest or Xtrain	6	Rest	15 - 16	Stretch/Strength	30 - 32	
	13	4	6	Rest or Xtrain	6	Rest	16 - 17	Stretch/Strength	32 - 33	

Gradual increase in distance per week