

Health Care Provider Release

I certify that _____ may actively participate in the Healthy Mamas Training Team.

Print Health Care Provider Name

Health Care Provider Signature/Stamp

Date

Health Care Provider Phone Number

Health Care Provider E-mail

Healthy Mamas Training Team Sample Training Schedule

The training schedule below is designed for a Saturday morning long walk or run. Adjustments will be made to accommodate variations in individual fitness levels. An advanced schedule will be made available at the first team meeting for participants at higher fitness levels.

Beginner/Pregnant	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Dec 22 – 28			Cross Train 30 min	1 mile easy	Rest	1 mile easy	Rest
Dec 29 – Jan 4	Cross Train 30 min	1 mile negative split*	Cross Train 30 min	1 mile easy	Rest	1 mile easy	Rest
Jan 5 – 11	Cross Train 30 min	1 mile negative split*	Cross Train 30 min	2 miles easy	Rest	2 miles easy	Rest
Jan 12 – 18	Cross Train 30 min	2 miles negative split*	Cross Train 30 min	2 miles easy	Rest	2 miles negative split	Rest
Jan 19 – 25	Cross Train 30 min	2 miles negative split*	Cross Train 30 min	2 miles easy	Rest	3 miles easy	Rest
Jan 26 – Feb 1	Cross Train 30 min	2 miles negative split*	Cross Train 30 min	4 miles negative split	Rest	3 miles easy	Rest
Feb 2 – 8	Cross Train 30 min	2 miles negative split*	Cross Train 30 min	3 miles tempo	Rest	3 miles negative split	Rest
Feb 9 – 15	Cross Train 30 min	3 miles negative split*	Cross Train 30 min	4 miles negative split	Rest	4 miles easy	Rest
Feb 16 – 22	Cross Train 30 min	3 miles negative split*	Cross Train 30 min	3 miles tempo	Rest	4 miles negative split	Rest
Feb 23 – Mar 1	Cross Train 30 min	3 miles negative split*	Cross Train 30 min	4 miles negative split	Rest	5 miles easy	Rest
Mar 2 – 8	Cross Train 30 min	4 miles negative split*	Cross Train 30 min	3 miles tempo	Rest	6 miles easy	Rest
Mar 9 – 15	Cross Train 30 min	3 miles negative split*	Cross Train 30 min	4 miles negative split	Rest	7 miles easy	Rest
Mar 16 – 22	Cross Train 30 min	3 miles negative split*	Cross Train 30 min	3 miles tempo	Rest	3 miles negative split	Rest
Mar 23 – 29	Cross Train 30 min	3 miles negative split*	Cross Train 30 min	2 miles negative split	Rest	RACE!	Rest

* “Negative Split” refers to a training method in which the first half of a training segment is performed at a slower pace, saving your energy for the second half. For example, in a one-mile segment, you would take the first half-mile at an easy pace, and pick up the pace for the second half.