

# 2026 RTO 12-Week Training Plan for Beginners

*Thank you to Coach Anna Costello – See bio at the end!*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1: March 9-15	Rest	2-3 mile easy run/ walk	2 mile run – $\frac{1}{4}$ mile easy, $\frac{1}{4}$ mile hard, repeat until 2 miles.	Rest	2-3 miles easy run/walk	Rest or 30 min cross training	3-5 mile run
Week 2: March 16-22	Rest	2-3 mile easy run/walk	5-10 min warm up run 4-5 x 2 min harder effort, 1 min walk 5-10 min cool down	Rest	2-3 miles easy run/walk	Rest or 30 min cross training	3.5-5.5 mile run
Week 3 March 23-29	Rest	3 mile easy run/walk	3 miles – 1 mile easy, 1 mile of 1 min hard, 1 min walk/jog 1 mile easy	Rest	3 miles easy run/walk	Rest or 40 min cross training	4-6 mile run
Week 4: March 30-April 5	Rest	3 mile easy run/walk	2 runs in one day! Run 1: 20 min easy run/walk Run 2: 20 min easy run/walk	Rest	3 miles easy run/walk	Rest	4.5-6 mile run
Week 5: April 6-12	Rest	3 mile easy run/walk	2 mile run – $\frac{1}{2}$ mile easy, $\frac{1}{2}$ mile hard, repeat until 2 miles	Rest	3-4 miles easy run/walk	Rest or 40 min cross training	5-6 mile run
Week 6: April 13-19	Rest	3 mile easy run/walk	5-10 min warm up run	Rest	3-4 miles easy run/walk	Rest or 50 min cross training	5-7 mile run

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5 x 2 min harder effort, 1 min walk 5-10 min cool down				
Week 7: April 20-26	Rest	3 mile easy run/walk	3 miles- 1 mile easy, 1.5 mi of 1 min hard effort, 1 min walk/jog ½ mile easy	Rest	4 miles easy run/walk	Rest or 50 min cross training	5.5-6 mile run
Week 8: April 27-May 3	Rest	3 mile easy run/walk	2 runs in one day! Run 1: 20-30 min easy run/walk Run 2: 30 min easy run/walk	Rest	3-4 miles easy run/walk	Rest	5.5-7 mile run
Week 9: May 4-10	Rest	3-4 mile easy run/walk	5-10 min warm up run 4-5 x 3 min harder effort, 1 min walk 5-10 min cool down	Rest	4-5 miles easy run/walk	Rest or 60 min cross training	6-8 mile run
Week 10: May 11-17	Rest	4 mile easy run/walk	2 runs in one day! Run 1: 20-30 min easy run/walk Run 2: 20-30 min easy run/walk	Rest	4-5 miles easy run/walk	Rest	6-7 mile run
Week 11: May 18-24	Rest	3 mile easy run/walk	3 mile run – 1 mile easy, 1-1.5 mile of 2 min harder effort, 1 min walk/jog	Rest	4 miles easy run/walk	Rest or 45 min cross training	4-5 mile run

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			0.5-1 mile cool down				
Week 12: May 25-31	Rest	3 mile easy run/walk	2-3 mile run	Rest	<b>RTO RACE DAYS</b>		REST

Tips and Tricks:

- Reno Running Company Run Club speed work on **Wednesdays** can be a substitute for the speed sessions mentioned above. A great group for all ability levels. Run Club meets at 6am at the Hub on Riverside and runs to the Reno High Track.
- If you are running some of the longer legs (Leg 4, Leg 9, Leg 10, Leg 11), you might want to adjust this to more mileage! If you are already running a bit, you can also adjust to run a bit more.
- All the days are adjustable to your schedule! Remember this is just guidance to help YOU get ready for the RTO.
- Don't underestimate the power of the run/walk. Moving forward is still progress even though it is taken at a walking speed. Make your goal for the next run to walk fewer times!
- Practice running in the dark at least once during your training block. Go with a friend, do a RTO organized practice leg, or find a route you feel comfortable doing this on. Bonus points if you do it on a two runs in one day training session!
- Utilize group running throughout the week and follow these groups on social media platforms:
  - Reno Running Company Store Runs
  - Silver State Striders
  - Mikkeller Run Club
  - Magnum Project
  - RTO practice runs
- Last of all, have fun!!!

## **About Coach Anna Costello:**

Coach Anna Costello is a proud Reno native. Graduating from Spanish Springs HS in 2011, she set off to Boise State University and later the University of Nevada Reno to pursue a higher education while competing in Cross Country and Track. She now teaches math at Reno High School and coaches the Huskies in Cross Country and Track.

Post-college, Anna continues to run many races locally and enjoys attending the Wednesday Morning Hub workouts as well as the Mikkeller Run Club Wednesday evening 5ks. Her favorite local event is the Reno Tahoe Odyssey, and she has had the pleasure of being your Leprechaun Run live Leprechaun since 2023.

In 2024 she became a 6 Star Finisher on the World Major Marathon Circuit, something she has been working on for several years. She currently holds the following personal bests: 5k: 17:58, 10k: 37:39, Half: 1:22:02 and Marathon: 2:52:06.

Anna loves all things local, outdoors and running! She also loves her husband Ryan and their cute dog Jordie (named after Michael Jordan himself). She and Ryan are looking forward to welcoming their first child into the world and inducting them into the running community during Spring of 2026. She believes in the power of community and wants to continue to strengthen our Reno Running Community. She is looking forward to sharing many miles with you!