

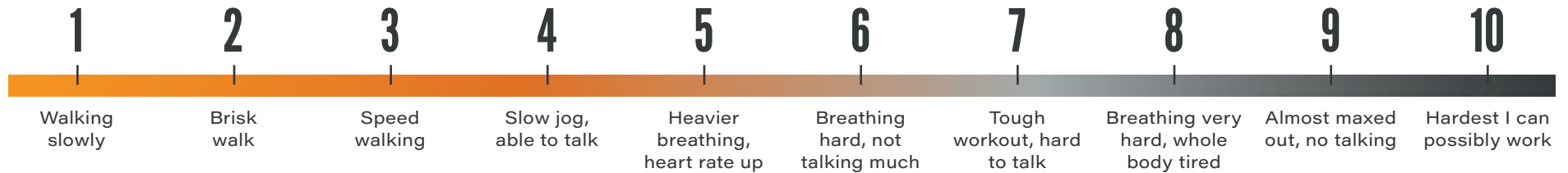
TRAINING PLAN / 5K FINISH THE RACE



WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	RECOVERY <input type="checkbox"/>	BASE RUN 1 mile at 2-4 pace (alternate walking/running) or attend the 1st Training Event <input type="checkbox"/>	STRENGTH Workout A (Optional 1 mile at 2-4 pace; alternate running/walking) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	BASE RUN 1 mile at 2-4 pace (Alternate running/walking) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 1 mile at 2-4 pace (Alternate running/walking) <input type="checkbox"/>
2	RECOVERY <input type="checkbox"/>	STRENGTH Workout B (Optional 1 mile at 2-4 pace. Alternate running & walking) <input type="checkbox"/>	SPEED Workout 1 (See back) <input type="checkbox"/>	STRENGTH Workout A <input type="checkbox"/>	BASE RUN 1 mile at 3-4 pace Alternate running & walking (Minimize walking) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 2 miles at 2-4 pace (Alternate running/walking) <input type="checkbox"/>
3	RECOVERY <input type="checkbox"/>	STRENGTH Workout B (Optional 1 mile at 2-4 pace; alternate running/walking) <input type="checkbox"/>	SPEED Workout 2 or attend the 2nd Training Event <input type="checkbox"/>	STRENGTH Workout A <input type="checkbox"/>	BASE RUN 1 mile at 3-4 pace (No walking!) <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 1 mile at 3-4 pace, rest for 3 minutes, and repeat (No walking!) <input type="checkbox"/>
4	RECOVERY <input type="checkbox"/>	STRENGTH Workout B (Optional 1 mile at 2-4 pace; alternate running/walking) <input type="checkbox"/>	SPEED Workout 3 <input type="checkbox"/>	STRENGTH Workout A <input type="checkbox"/>	HILLS 1 mile on rolling hills Rest 2 minutes 1 mile on flat terrain <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 2 miles at 3-4 pace (Try not to stop!) <input type="checkbox"/>
5	RECOVERY <input type="checkbox"/>	BASE RUN 2 miles at 3-4 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	STRENGTH Workout B or attend the 3rd Training Event <input type="checkbox"/>	HILLS 2 miles at 3-4 pace on rolling hills <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 2 miles at 3-4 pace <input type="checkbox"/>
6	RECOVERY <input type="checkbox"/>	STRENGTH Workout A (Optional 1 mile run at 4-5 pace) <input type="checkbox"/>	SPEED Workout 4 <input type="checkbox"/>	STRENGTH Workout B <input type="checkbox"/>	HILLS 2 miles at 3-4 pace on rolling hills <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 3x 1 mile at 3-4 pace Rest 2 minutes in between <input type="checkbox"/>
7	RECOVERY <input type="checkbox"/>	BASE RUN 1 mile at 4-5 pace Rest 1 mile at 4-5 pace <input type="checkbox"/>	RECOVERY Join us for the 4th Training Event <input type="checkbox"/>	STRENGTH Workout A (Optional 1 mile at 2-4 pace; alternate running/walking) <input type="checkbox"/>	HILLS 2 miles at 3-4 pace on rolling hills <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONG RUN 3 miles at 3-4 pace <input type="checkbox"/>
8	RECOVERY <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	EASY RUN 2 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	EASY RUN 2 miles at 4-5 pace <input type="checkbox"/>	RECOVERY <input type="checkbox"/>	LONGHORN RUN RACE DAY! <input type="checkbox"/>

See the following page for pace chart and strength/speed workout routines.

PACE CHART



STRENGTH ROUTINES

WORKOUT A

EXERCISE	WEIGHT	REPS	SETS
SINGLE LEG STAND AND TOUCH	Body - Body+40 lbs	x10	3 Sets
PUSHUPS	Body	x10	3 Sets
PLANK	Body	:45	3 Sets
ARM CURLS WITH DUMBBELLS	10-20 lbs	x10	3 Sets
STEP-UP LUNGES	Body-Body+40 lbs	x15	3 Sets
TRICEP EXTENSIONS	10-20 lbs	x10	3 Sets
DOWNWARD FACING DOG TO PLANK	Body	x15	3 Sets
SHOULDER FORWARD RAISES	8 lbs - 20 lbs	x10	3 Sets
LATERAL LEG RAISES	Body	x15	3 Sets
HIP THRUSTS	Body	x15	3 Sets
BICYCLE KICKS	Body	x30	3 Sets

WORKOUT B

EXERCISE	WEIGHT	REPS	SETS
SQUATS	Body - Body+40 lbs	x15	3 Sets
PUSHUPS	Body	x10	3 Sets
CALF RAISES	Body	x15	3 Sets
SHOULDER PRESS	10 lbs - 25 lbs	x10	3 Sets
PLANK	Body	:30-1:00	3 Sets
DONKEY KICKS	Body	x15	3 Sets
LATERAL SHOULDER RAISES	5 lbs - 20 lbs	x10	3 Sets
STEP UPS	Body - Body+40 lbs	x10	3 Sets
OBLIQUE CRUNCHES	Body	x15	3 Sets
TOE TAPS	Body	x25/foot	3 Sets

SPEED WORKOUTS

1 WORKOUT 1

1 mile at 3-4 pace
Alternate running and walking

2 WORKOUT 2

1 mile at 3-4 pace
4x400 at 7-8 pace

3 WORKOUT 3

1 mile at 3-4 pace
Rest 2 minutes and repeat
(No walking!)

4 WORKOUT 4

2 miles alternating:
• 2 minutes at 5 pace
• 1 minutes at 3 pace