

Bosse 5k Road Race Plan

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 0:30 Hours 1:35/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 1.5 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 1 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 1.5 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 0:30 30+ minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 2 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 0:40 Hours 1:45/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 1.75 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 1.5 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 1.75 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 0:40 40+ minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 3 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 0:50 Hours 1:55/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 1.25 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 0:50 50+ minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 4 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 1:00 Hours 2:05/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2.25 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 1.75 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2.25 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 1:00 Up to 60 minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! So important!

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 5 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 0:40 Hours 1:45/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2.5 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 1.5 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2.5 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 0:40 40+ minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 6 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 0:40 Hours 1:45/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2.75 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 2 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 2.75 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 0:40 40+ minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 7 Run 0:00 X-Train 0:45 Day Off 0:00 Strength 0:20 Walk 0:40 Hours 1:45/0:00/0:00	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 3 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 X-Train 0:45 Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	Workout 1 Run 2 mi On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	Workout 1 Run 3 mi On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Workout 1 Walk 0:40 40+ minute steady walk at low HR zone. Easy pace. <i>Recovery Aerobic Day - Nice steady walk.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 8 Run 0:20 X-Train 0:45 Race 0:00 Day Off 0:00 Strength 0:20 Hours 1:25/0:00/0:00	Workout 1 Day Off None	Workout 1 Run 2 mi	Workout 1 X-Train 0:45	Workout 1 Run 2 mi	Workout 1 Day Off None	Workout 1 Run 0:20	Workout 1 Race 3.1 mi
	Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. Shorter this week as you taper! <i>Long Run - Easy pace, keep it comfortable enough so that you can talk!</i>	Your choice of mode: hike, XC ski, snowshoe, row, aerobics class, stair climb, etc. Anything except your normal sport discipline(s). Can combine 2 or more modes into one workout. Easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort. <i>Your call of what you want to do, just keep it to 45 mins and not too hard!</i>	On soft surface. Heart rate zone 1-2 only. Check cadence several times (21 plus right foot strikes in 15 seconds). <i>Steady aerobic day. These are good miles to keep your fitness up without too much damage.</i>	Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. <i>Rest Day!</i>	On soft but firm surface, heart rate in zone 1-3. Pretty form and quick cadence. <i>Short run just to stay loose.</i> Workout 2 Strength 0:20 You can find this routine under News&Tips section of the PTS website by clicking here . You will need a firm chair! Get to it! <i>So important!</i>	Race 5k Race Day - <i>Have Fun!</i>