

Bosse 10k Road Race Plan

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Run 1:50 X-Train 1:30 Day Off 0:15 Strength 1:00 Hours 4:35/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 Run 0:25 Run with heart rate in zone 1-2 on a flat, soft surface. VERY easy here. Run/walk is okay. <i>Should be done in the morning if possible!</i>	Workout 1 Run 0:45 BT: Warm up well. Then run a 30 minute time trial on flat course/track. Punch HR monitor 'lap' button 10 minutes into Time Trial. Average heart rate for last 20 minutes predicts Lactate Threshold Heart Rate (LTHR). <i>Note: For full info on testing, as well as how to determine your zones, go here.</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:25 Run with heart rate in zone 1-2 on a flat, soft surface. VERY easy here. Run/walk is okay. <i>Should be done in the morning if possible!</i> Workout 2 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i>	Workout 1 Run 3 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Run / Walk as needed. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 2 Run 1:55 X-Train 1:30 Day Off 0:15 Strength 1:00 Hours 4:40/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 Run 0:25 BT: Tempo intervals. Warm up for 10 mins. Then do 3 x 5 minutes as 3mins WORK, 2mins REST. Build to zone 3 heart rate. You can walk the 2 minute recovery interval after each rep. Relaxed form! <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 0:30 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Long Run Day</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 X-Train 0:45 E2a Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Run with heart rate in zone 1-2 on a flat, soft surface. VERY easy. Run / Walk as needed. <i>Should be done in the morning!</i> Workout 2 Calves 0:10 Calves-1 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i>	Workout 1 Run 3.5 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Run / Walk as needed. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 3 Run 2:10 X-Train 1:30 Day Off 0:15 Strength 1:00 Hours 4:55/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 Run 0:30 BT: Tempo intervals. Warm up for 10 mins. Then do 3 x 6 minutes as 4mins WORK, 2mins REST. Build to zone 3 heart rate. You can walk the 2 minute recovery interval after each rep. Relaxed form! Cool down for the rest of the workout. <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 0:35 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Long Run Day</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:35 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i> Workout 2 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i>	Workout 1 Run 4 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

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Week 4 Run 1:45 X-Train 2:15 Day Off 0:15 Strength 0:35 Hours 4:50/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Long Run Day - Recovery Week</i>	Workout 1 Run 0:45 BT: Warm up well. Then run a 30 minute time trial on flat course/track. Punch HR monitor 'lap' button 10 minutes into Time Trial. Average heart rate for last 20 minutes predicts Lactate Threshold Heart Rate (LTHR). <i>Note: For full info on testing, as well as how to determine your zones, go here.</i>	Workout 1 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i> Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 3.5 mi Race Simulation Run Workout Warm up 15 mins with light jogging and include 3 x 30 seconds at goal race pace with 1.5 min recoveries. Run ___ miles building from top of zone three (mile 1) to mid zone 4 (mile 2) and holding it there until the end of your run. Cool Down with 5 to 10 mins of light jogging, walking, and stretching. <i>Key Workout Here!</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 5 Run 2:15 X-Train 1:30 Day Off 0:15 Strength 1:10 Hours 5:10/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:30 Core Strength Work - You decide. Workout 2 Run 0:35 BT: Tempo intervals. Warm up for 15 mins. Then do 6 x 3 minutes as 1mins WORK, 2mins REST. Build to zone 4 heart rate. You can walk the 2 minute recovery interval after each rep. Relaxed form! Cool down for the rest of the workout. 1 min intervals should be done pretty hard! <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 0:40 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Long Run Day</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i> Workout 2 Strength 0:30 Core Strength Work - You decide.	Workout 1 Run 0:30 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i> Workout 2 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i>	Workout 1 Run 4 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

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Week 6 Run 2:25 X-Train 1:30 Day Off 0:15 Strength 1:10 Hours 5:20/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:30 Core Strength Work - You decide. Workout 2 Run 0:40 BT: Tempo intervals. Warm up for 15 mins. Then do 5 x 4 minutes as 2mins WORK, 2mins REST. Build to zone 4 heart rate. You can walk the 2 minute recovery interval after each rep. Relaxed form! Cool down for the rest of the workout. 2 min intervals should be done pretty hard! <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 0:45 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Long Run Day</i>	Workout 1 Strength 0:30 Core Strength Work - You decide. Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i> Workout 2 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i>	Workout 1 Run 4.5 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Run / Walk as needed. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 7 Run 2:35 X-Train 1:30 Day Off 0:15 Strength 1:10 Hours 5:30/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:30 Core Strength Work - You decide. Workout 2 Run 0:45 BT: Tempo intervals. Warm up for 15 mins. Then do 3 x 8 minutes as 6mins WORK, 2mins REST. Build to zone 3 heart rate. You can walk the 2 minute recovery interval after each rep. Relaxed form! Cool down for the rest of the workout. 6 min intervals should be done at a good tempo pace, not too hard! <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 0:50 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. Run / Walk as needed. <i>Long Run Day</i>	Workout 1 Strength 0:30 Core Strength Work - You decide. Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i> Workout 2 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i>	Workout 1 Run 5 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 8 Run 1:55 X-Train 2:15 Day Off 0:15 Strength 0:40 Hours 5:05/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i> Workout 2 Strength 0:30 Core Strength Work - You decide.	Workout 1 Run 0:40 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Long Run Day</i>	Workout 1 Run 0:45 BT: Warm up well. Then run a 30 minute time trial on flat course/track. Punch HR monitor 'lap' button 10 minutes into Time Trial. Average heart rate for last 20 minutes predicts Lactate Threshold Heart Rate (LTHR). <i>Note: For full info on testing, as well as how to determine your zones, go here.</i>	Workout 1 Calves 0:10 This is very important for building run strength. Three sets of 12 repetitions each leg. Done back-to-back by just switching legs. Stand on a stair/step w/ the ball of one foot on the step, heel off the edge. Other foot is in the air. Hold on to wall/railing for balance. Lower your heel all the way down, then lift it all the way up, in a nice steady motion. Repeat for 12 reps, then switch legs. No weights needed! <i>Important!</i> Workout 2 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 4 mi Race Simulation Run Workout Warm up 15 mins with light jogging and include 3 x 30 seconds at goal race pace with 1.5 min recoveries. Run ___ miles building from top of zone three (mile 1) to mid zone 4 (mile 2) and holding it there until the end of your run. Cool Down with 5 to 10 mins of light jogging, walking, and stretching. <i>Key Workout Here!</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 9 Run 2:35 X-Train 1:30 Day Off 0:15 Strength 0:50 Hours 5:10/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 MAR-Core-A Core Strength Work - You decide. Workout 2 Run 0:45 BT: Tempo intervals. Warm up for 15 mins. Then do 4 x 6 minutes as 5mins WORK, 1mins REST. Build to zone 3 heart rate. You can walk the 2 minute recovery interval after each rep. Relaxed form! Cool down for the rest of the workout. Intervals should be done at a good tempo pace, not too hard! <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 0:50 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. Run / Walk as needed. <i>Long Run Day</i> Workout 2	Workout 1 Strength 0:25 MAR-Core-A Core Strength Work - You decide. Workout 2 X-Train 0:45 E2a Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i>	Workout 1 Run 6 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 10 Run 2:45 X-Train 1:30 Day Off 0:15 Strength 0:50 Hours 5:20/0:00/0:00	Workout 1 Day Off 0:15 Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 Run 0:45 BT: Tempo intervals. Warm up for 15 mins. Then do 2 x 12 minutes as 10mins WORK, 2mins REST. Build to zone 3/4 heart rate. You can walk the 2 minute recovery interval after each rep. Quick hands! Cool down for the rest of the workout. Intervals should be done at a good tempo pace, not too hard! <i>You will need to build the effort over the first rep to get to zone 3, second and third reps will be much easier to hit your zone.</i>	Workout 1 Run 1:00 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. Run / Walk as needed. <i>Long Run Day</i>	Workout 1 Strength 0:25 Core Strength Work - You decide. Workout 2 X-Train 0:45 E2a Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i>	Workout 1 Run 6 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

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Week 11 Run 2:55 X-Train 1:30 Day Off 0:15 Strength 0:50 Hours 5:30/0:00/0:00	Workout 1 Day Off 0:15 DO-STRETCH Use your free time to maintain some flexibility! <i>Focus on any trouble areas. Also consider getting a sports massage if needed.</i>	Workout 1 Strength 0:25 MAR-Core-A Core Strength Work - You decide. Workout 2 Run 0:45 BT: Tempo. Warm up and then 20 minutes zone 3 heart rate continuous. Mostly flat. Heart rate will fall on downhills--that's OK. <i>Solid run here, goal is to get HR up and working without going too close to your raceday zones!</i>	Workout 1 Run 1:10 Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. Run / Walk as needed. <i>Long Run Day</i>	Workout 1 Strength 0:25 MAR-Core-A Core Strength Work - You decide. Workout 2 X-Train 0:45 E2a Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>	Workout 1 Run 0:30 Run with heart rate in zone 1 on a flat, soft surface. VERY easy. <i>Should be done in the morning!</i>	Workout 1 Run 4.5 mi Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. <i>Nice long run here. Find a rolling course & keep your pacing steady up the hills (but not hard).</i>	Workout 1 X-Train 0:45 Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Goal here is to maintain your aerobic fitness without all the pounding associated with running!</i>

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 12	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1
Run 1:20							
X-Train 0:30	Day Off 0:15	Run 0:35	Run 5 mi	Run 0:30	X-Train 0:30	Race 0:30	Race 6.2 mi
Race 0:30	Use your free time to maintain some flexibility! <i>Focus on any trouble areas.</i>	BT: Tempo intervals. Warm up for 15 mins. Then do 3 x 6 minutes as 3mins WORK, 3mins REST. Build to zone 4 heart rate. You can walk the 2 minute recovery interval after each rep. Quick hands! Cool down for the rest of the workout. Intervals should be done at a good tempo pace, not too hard! <i>Nice and smooth ere, just working to stay sharp! IF you are tired, just make this a recovery run!</i>	Keep heart rate in zones 1-3 on a rolling course. 'PROUD' form. Allow heart rate to gradually rise to zone 3 as pace builds, but don't force it up. Soft surface if at all possible. <i>Easy run today; if you feel good add in some pick ups in the last mile. Walk to cool down and stretch after!</i>	Taper repeats. Warm up including 4 pick-upsof 20 seconds each. Then 4 x 90 seconds (recover 3 minutes) at 10k race pace. Relaxed speed! NOT all out. <i>Time to get sharp!</i>	Your choice of mode: spin class, hike, row, aerobics class, stair climb, etc. Can combine 2 or more. Easy to Moderate effort. <i>Keep it loose today, you're focus is on the race this weekend!</i>	30' run. Warm up/ Down for 10' each, Zone 1-2. For the middle 10', do 4 x 30" quick and fast (not hard) with 2' recovery jog. Hydrate well. Take extra time to stretch. Also: Get all your raceday gear together. If needed, get registered. <i>Time to get in the zone...tomorrow's the big day!</i>	Race <i>Race Day!</i>
Day Off 0:15							
Hours							
2:35/0:00/0:00							