

RUN FOR FUN "RUN" Training Program

The "Run" Training Program is best suited for those who have been active regularly 3-5 times per week and running at least 3 times per week for 20-30 minutes for at least 6 months.

DAY MODE INTENSITY I-RATE SYSTEM	Monday Run Conversational Pace 6-7	Tuesday Cross-Training Moderate 7-8	Wednesday Run Conversational Pace 6-7	Thursday Rest	Friday Cross-Training Moderate 7-8	Saturday Run Conversational Pace 6-7	Sunday Rest Day
WEEK 1	20 minutes	30-45 minutes	20 minutes	Rest	30-45 minutes	20 minutes	Rest
WEEK 2	20 minutes	30-45 minutes	20 minutes	Rest	30-45 minutes	20 minutes	Rest
WEEK 3	20 minutes	30-45 minutes	20 minutes	Rest	30-45 minutes	20 minutes	Rest
WEEK 4	25 minutes	30-45 minutes	25 minutes	Rest	30-45 minutes	25 minutes	Rest
WEEK 5	25 minutes	30-45 minutes	25 minutes	Rest	30-45 minutes	25 minutes	Rest
WEEK 6	25 minutes	30-45 minutes	25 minutes	Rest	30-45 minutes	25 minutes	Rest
WEEK 7	30 minutes	30-45 minutes	30 minutes	Rest	30-45 minutes	30 minutes	Rest
WEEK 8	30 minutes	30-45 minutes	30 minutes	Rest	30-45 minutes	30 minutes	Rest
WEEK 9	30 minutes	30-45 minutes	30 minutes	Rest	30-45 minutes	30 minutes	Rest
WEEK 10	30 minutes	30-45 minutes	30 minutes	Rest	30-45 minutes	30 minutes	Rest

SCHEDULE KEY

Warm-up 5 minutes walking briskly prior to every workout. **Cool-down** 5 minutes at an easy paced walk after to every workout.

Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

I-Rate System= A system to identify your effort level. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Runs: Run at a conversational pace at an I-Rate level of 6-7 out of 10.

Cross-Training= Include activities that are non running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.