

# Pumpkin SPICE 5K · 10K HALF™

## 5K FOUR WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	REST DAY	WALK/RUN 20 MIN (your choice)	REST/CROSS TRAIN	RUN 10 MIN EASY / 5 MIN FASTER/ 10 MIN EASY	WALK/RUN 20 MIN (your choice)	STRETCH/YOGA 20 MIN	RUN 10 MIN EASY/ 12 MINS FASTER/ 10 MINS EASY
<b>2</b>	REST DAY	WALK/RUN 25 MIN (your choice)	REST/CROSS TRAIN	RUN 10 MIN EASY / 5 MIN FASTER/ 10 MIN EASY	WALK/RUN 20 MIN (your choice)	STRETCH/YOGA 20 MIN	RUN 10 MIN EASY/ 15 MIN FASTER/ 10 MIN EASY
<b>3</b>	REST DAY	WALK/RUN 30 MIN (your choice)	REST/CROSS TRAIN	10 MINS EASY/ 10 MINS FASTER/ 10 MINS EASY	WALK/RUN 20 MIN (your choice)	STRETCH/YOGA 20 MIN	RUN 10 MIN WARMUP/ 18 MIN STEADY EFFORT/ 10 MIN COOL DOWN
<b>4</b>	REST DAY	WALK/RUN 30 MIN (your choice)	REST/CROSS TRAIN	RUN 10 MIN EASY 12 MIN FASTER 10 MIN EASY	REST DAY	2 MILE SHAKE OUT RUN	<b>5K RACE DAY!</b>

### GLOSSARY

**REST DAY** - Recover, take the day off

**COOL DOWN:** A period of light physical activity, like walking, after a longer or harder run. Done to help bring the heart rate down gradually and prevent the blood from pooling in the legs.

**CROSS TRAIN-** The action of engaging in two or more sports or types of exercise in order to improve fitness or performance in one's main sport. Examples include weight training, swimming, cycling

**ROLLING HILLS** - Incorporate a route with many hills. If you don't live in a neighborhood with hills, check out a parking garage

**HILL REPEATS** - Find a hill, start at the bottom and work your way up. Walk or jog down and repeat.

**SHAKE OUT RUN** - Join us in Waco on Saturday, May 29th for a Badass Texas Shake Out Social Run



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# Pumpkin SPICE 5K · 10K HALF™

## 10K SIX WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	REST DAY	2 MILE RUN	CROSS TRAIN/YOGA	3 MILE RUN	REST/CROSS TRAIN	2 MILE RUN	3 MILE RUN
<b>2</b>	REST DAY	3 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILES ROLLING HILLS 1 MILE COOL DOWN	REST/CROSS TRAIN	2 MILE RUN	4 MILE RUN
<b>3</b>	REST DAY	4 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILES ROLLING HILLS 1 MILE COOL DOWN	REST/CROSS TRAIN	2 MILE RUN	4 MILE RUN
<b>4</b>	REST DAY	5 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILE HILL REPEATS 1 MILE COOL DOWN	REST/CROSS TRAIN	2 MILE RUN	5 MILE RUN
<b>5</b>	REST DAY	5 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILE HILL REPEATS 1 MILE COOL DOWN	REST/CROSS TRAIN	3 MILE RUN	6 MILE RUN
<b>6</b>	REST DAY	3 MILE RUN	CROSS TRAIN/YOGA	4 MILE RUN	OFF	2 MILE SHAKE OUT	<b>10K RACE DAY!</b>

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## HALF MARATHON SIX WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	REST DAY	3 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILES ROLLING HILLS 1 MILE COOL DOWN	3 MILES EASY/CROSS TRAIN	2 MILE RUN	7 MILE RUN
<b>2</b>	REST DAY	4 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILES ROLLING HILLS 1 MILE COOL DOWN	3 MILES EASY/CROSS TRAIN	3 MILE RUN	8 MILE RUN
<b>3</b>	REST DAY	4 MILE RUN	CROSS TRAIN/YOGA	2 MILE WARM UP 2 MILE HILL REPEATS 1 MILE COOL DOWN	3 MILES EASY/CROSS TRAIN	3 MILE RUN	9 MILE RUN
<b>4</b>	REST DAY	5 MILE RUN	CROSS TRAIN/YOGA	2 MILE WARM UP 2 MILE HILL REPEATS 1 MILE COOL DOWN	3 MILES EASY/CROSS TRAIN	3 MILE RUN	10 MILE RUN
<b>5</b>	REST DAY	5 MILE RUN	CROSS TRAIN/YOGA	2 MILE WARM UP 2 MILE HILL REPEATS 2 MILE COOL DOWN	3 MILES EASY/CROSS TRAIN	3 MILE RUN	11 MILE RUN
<b>6</b>	REST DAY	4 MILE RUN	CROSS TRAIN/YOGA	5 MILE RUN	OFF	2 MILE SHAKE OUT	<b>HALF MARATHON RACE DAY!</b>

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