

TOO C LD TO HOLD

5K FOUR WEEK TRAINING PLAN

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|----------|----------------------------------|------------------|--|----------------------------------|---------------------|--|
| 1 | 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 |
| 2 | 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 |
| 3 | 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 |
| 4 | REST DAY | WALK/RUN 30 MIN (your choice) | REST/CROSS TRAIN | RUN 10 MIN EASY 12 MIN FASTER 10 MIN EASY | REST DAY | 5K RACE DAY! | |

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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TOO COLD TO HOLD

10K SIX WEEK TRAINING PLAN

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|----------|------------|------------------|---|------------------|----------------------|------------|
| 1 | REST DAY | 2 MILE RUN | CROSS TRAIN/YOGA | 3 MILE RUN | REST/CROSS TRAIN | 2 MILE RUN | 3 MILE RUN |
| 2 | 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 |
| 3 | 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 |
| 4 | 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 |
| 5 | 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 |
| 6 | REST DAY | 3 MILE RUN | CROSS TRAIN/YOGA | 4 MILE RUN | OFF | 10K RACE DAY! | |

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HALF MARATHON SIX WEEK TRAINING PLAN

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|----------|------------|------------------|---|--------------------------|--------------------------------|-------------|
| 1 | 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 |
| 2 | 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 |
| 3 | 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 |
| 4 | 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 |
| 5 | 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 |
| 6 | REST DAY | 4 MILE RUN | CROSS TRAIN/YOGA | 5 MILE RUN | OFF | HALF MARATHON RACE DAY! | |

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