



ZGHI Training for

Week 2

All groups will follow the same route. Walkers and Novice runners are scheduled for 2 miles. Intermediate and Advance runners are scheduled for 4 miles. We will walk and run 2 mile loops so that you can make your workout personal. **Go the distance you feel comfortable going 2 or 4 miles.**

Remember too much too fast will result in injuries. You have 9 weeks to train so do what is comfortable. Please sign-in when you arrive and sign-out when you are done. We will check the course to make sure all participants finish!

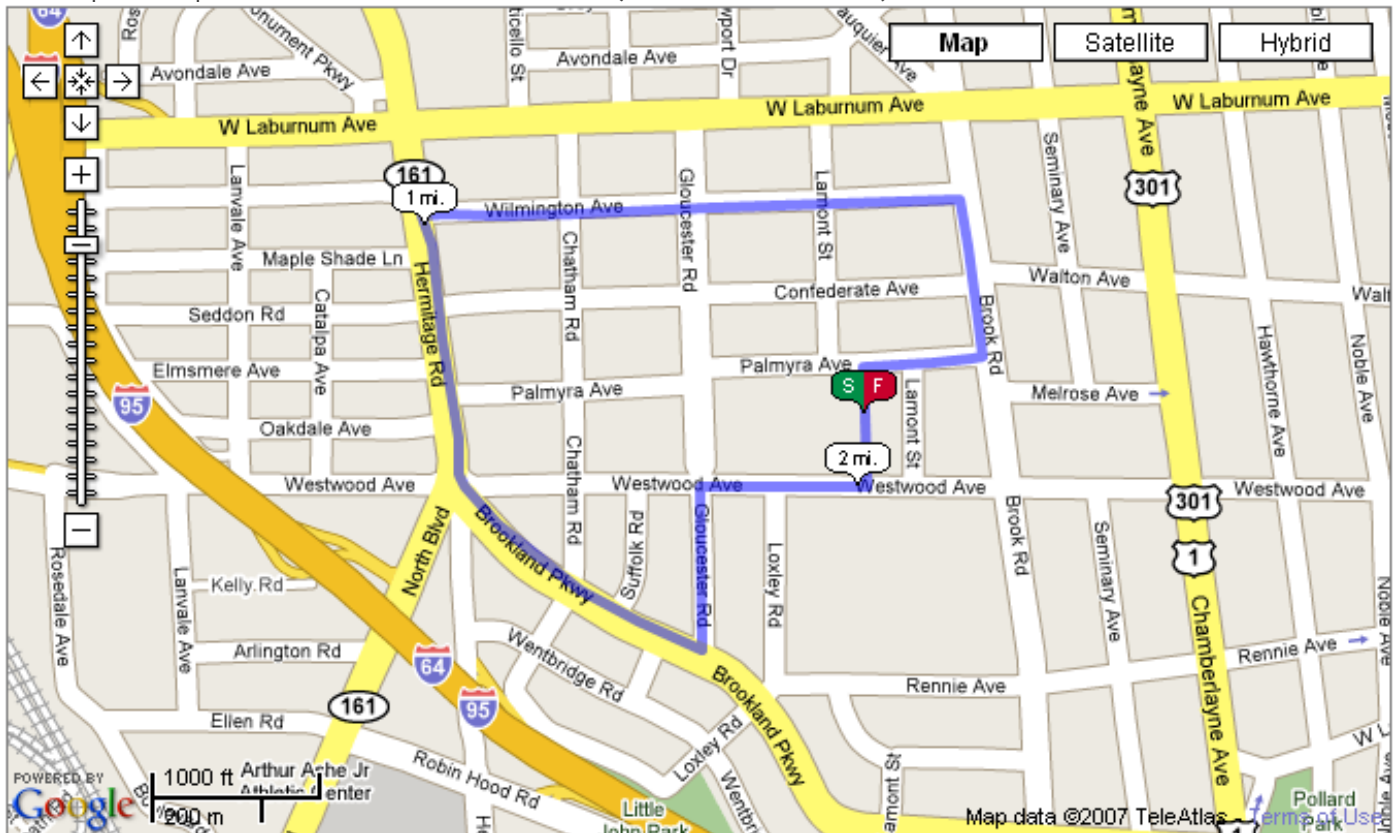
For Intermediate and Advance runners, the first 2.5 miles will be at a comfortable pace. If you can't carry on a conversation with your training partners, you're running too fast. For those who use heart monitors to measure their level of exertion, you would be running between 65 to 75 percent of maximum. The last 1.5 mile (Gloucester Road to finish) is at or near 10 K race pace. You should finish refreshed, not fatigued.

Name: **EZ 2 Mile loop**

Distance: 2.09 miles / 3.36 km

Attributes: loop, all flat, sidewalks

1. From EZHI Entry turn left to towards Palmyra Avenue
2. Turn Right on to Palmyra Avenue
3. Turn Left on to Brook Road
4. Turn Left on to Wilmington Avenue (1/A 2nd time speed up a Gloucester Road)
5. Turn Left on to Hermitage Rd (1 Mile/3 Miles)
6. Turn Left on to Brookland Parkway
7. Turn Left on to Gloucester Road
8. Turn Right on to Westwood Avenue
9. Turn Left into EZHI Drive way (2 Miles/4miles)
10. Repeat Loop 1 or 2 times Make It Personal!!! (2.09 Miles/4.18 Miles)



Runners - Remember to Sign-in and Sign-out

Questions email them to: ez-running@comcast.net