

ZGHI Training for Program



1. Sign up for race on your own:

[Ukrop's Monument Avenue 10K](#)

April 2, 2011 8:00 AM

2. **We will do group runs on Saturdays at 10 AM** Chris Kelly will lead group with sign out and sign in required. *If you plan to join us email Chris at: ez-running@comcast.net*
3. Saturday workouts include some running or walking at race pace to get you use to running or walking the pace you will run or walk in a 10-K or other races about that distance.
4. Our courses are setup so that we all do the same loops allowing for you to make your work out personal at your level.
5. The workout schedules are only suggestions on how to train. Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter that much on which day you do specific workouts as long as you are consistent with your training
 - a. Intervals = Speed Work
 - b. Fat Burning = Long Run or Walk
 - c. 15 Minutes Aerobics = 1.25 Run
 - d. Spin Class = Tempo Run, Hills, or Speed Work
6. If you would like to build a base before we start just repeat the week 1 workout until we start or join us for a 2 or 4 mile run at ZG for group runs starting on 01/15/2010 at 10 AM.
7. Remember injuries come from doing too much too fast, so listen to your body and make adjustments as needed.

ZGHI Training for



8. Links:

For Ukrops 10K Materials go to:

<http://www.sportsbackers.org/events/10k/10k.htm>

Here is the link to running, walking, and biking courses around ZGHI on the USATF website.

http://www.usatf.com/routes/search/searchResults.asp?distance_from=&distance_to=&distanceUnits=mi&startType=&startName=EZ&facility=&city=Richmond&state=VA&rating=

Here is the link to the Richmond Road Runners. It is good source for answering running questions.

<http://www.rrrc.org/>

Over the past several years ZGHI members have participated in the Massey Challenge in "Putting Cancer on the Run!" by designating their runs to benefit the Massey Cancer Center. This year we are asking you to join the [ZG Runners](#) in this effort by [Join Our Team](#) or making a [General Team Donation](#) at [ZG Runners](#)



Happy Running!

Chris Kelly

Live Lean! Live Fit!

ZGHI Training for



Walk

Week	Sat	Sun	Mon	Tue	Wed	Thu	Fri
1.	1 m walk	25-90 min walk	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest
2.	2 m walk	35-90 min walk	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest
3.	3 m walk	45-90 min walk	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest
4.	3.5 m walk	55-90 min walk	Rest or walk	35 min walk	Rest or walk	35 min walk	Rest
5.	4 m walk	65-90 min walk	Rest or walk	40 min walk	Rest or walk	40 min walk	Rest
6.	5 m walk	75-90 min walk	Rest or walk	45 min walk	Rest or walk	45 min walk	Rest
7.	Holton Elem 5K or 5 K walk on own	Rest or 45-90 min walk	Rest or walk	50 min walk	Rest or walk	50 min walk	Rest
8.	5 or 6 m walk	85-90 min walk	Rest or walk	55 min walk	Rest or walk	55 min walk	Rest
9.	4, 5 or 6 m walk	Rest	Rest or walk	30 min walk	30 min walk	Rest	Rest
Go Time!	10-K Walk						

ZGHI Training for



Novice

Week	Sat	Sun	Mon	Tue	Wed	Thu	Fri
1.	1 m run	40 min cross	Stretch & strength	1 m run	20 min cross	1 m run + strength	Rest
2.	2 m run	40 min cross	Stretch & strength	2.0 m run	25 min cross	2 m run + strength	Rest
3.	3 m run	40 min cross	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest
4.	3.5 m run	40 min cross	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest
5.	4 m run	50 min cross	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest
6.	5 m run	50 min cross	Stretch & strength	3 m run	35 min cross	2 m run + strength	Rest
7.	Holton Elem 5K or 5 K run on own	Rest or 40 min cross	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest
8.	5 or 6 m run	60 min cross	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest
9.	Jog 10K Course	60 min cross	Stretch & strength	3 m run	45 min cross	2 m run + strength	Rest
Go Time!	10-K Race						

ZGHI Training for



Intermediate/Advanced

Week	Sat	Sun	Mon	Tue	Wed	Thu	Fri
1.	3 m total, 1 pace	60 min cross or 4 m run	3 m run + strength	3 m run	35 min tempo run	3 m run + strength	Rest
2.	4 m total, 1.5 pace	60 min cross Or 5 m run	3 m run + strength	3 m run	35 min tempo run	3 m run + strength	Rest
3.	5 m total, 2 pace	60 min cross or 6 m run	3 m run + strength	3 m run	35 min tempo run	3 m run + strength	Rest
4.	5 m total, 2 pace	60 min cross or 7 m run	3 m run + strength	3.5 m run	Jog 1 m, 8 x 440 (.25 m) 5-K pace with Jog 440 (.25 m) Between each, Jog 1 m Note: On Treadmill use 440 (.25 m) for each interval. On Tracks use 400 meters or one lap for each interval. On track do 4 laps or 1600 meters for 1 mile.	4 m run + strength	Rest
5.	5 m total, 3 pace	60 min cross or 8 m run (6 pace/2 jog)	3 m run + strength	4 m run	40 min tempo run	3 m run + strength	Rest
6.	6 m total, 3 pace	60 min cross or 9 m run (7/2)	3 m run + strength	4.5 m run	Jog 1 m, 9 x 440 (.25 m) 5-K pace with Jog 440 (.25 m) Between each, Jog 1 m	4 m run + strength	Rest
7.	Holton Elem 5K or 5 K on own	Rest or 5 m run	3 m run + strength	5 m run	45 min tempo run	3 m run + strength	Rest
8.	6 m total, 3 pace	60 min cross or 8 m run (6/2)	3 m run + strength	5.5 m run	Jog 1 m, 10 x 440 (.25 m) 5-K pace with Jog 440 (.25 m) Between each, Jog 1 m	4 m run + strength	Rest
9.	Jog 10K Course	30 min cross	3 m run + strength	3 m run	2 m run	Rest	Rest
Go Time!	10-K Race						

ZGHI Training for



Runs: Runs are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, 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.

Rest: Rest is an important part of your training. Be realistic about your fatigue level and don't feel guilty if you decide to take a day off. Specifically consider scheduling at least one rest day during weeks where you race.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near 10-K race pace. ("Near," not "at."). A Tempo Run of 30 to 40 minutes would begin with 10-15 minutes easy running, building to peak pace for 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual, not sudden, with peak speed coming about two-thirds into the workout. (You don't need to maintain peak speed for more than a few minutes toward the middle of the workout.) You can do tempo runs almost anywhere: on the road, on trails, a track, or treadmill.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace several days a week. Interval training, where you alternate fast running with jogging or walking, is a very effective form of speed work. Run the 400s at about the pace you would run in a mile or 1500 race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-meter track, these workouts can be done on the treadmill, road, trails, either by using measured courses or by running hard approximately the length of time you would run a 400 on the track. For instance, if you normally run 400s in 90 seconds, do fast reps at that length of time and don't worry about distance.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts above and pace workouts below. Most Novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an Intermediate or Advanced runner, you have a different goal, so warm up before you run fast. My usual warm-up is to jog a mile or two, sit down and stretches for 5-10 minutes, then run some easy strides (100 meters at near race pace). And I usually cool down afterwards by doing half of the warm up.

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it--particularly on days when you plan to run fast. And on some of the easy days, you might want to extend your stretching beyond what is normally needed for a warm-up. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines.

Pace: Pace = race pace, the pace at which you expect to run the 10-K. Saturday workouts include some running at race pace to get you used to running the pace you will run in a 10-K or other races about that distance. However, somewhat like in the tempo runs, you want to start and finish easy. In the accompanying schedules, I prescribe the total distance of the run plus the approximate amount of that distance that should be run at race pace. Thus, "5 total/3 pace" means that in a 5-mile run, three of those miles should be done at your 10K race pace. Obviously, you need to run on a course that has been pre-measured. If you can't find an accurately

ZGHI Training for



measured course or don't own a GPS watch, use your car odometer to at least approximate the mile splits (realizing that car odometers are invariably somewhat inaccurate).

Long Runs: Experienced runners do long runs of around 60-90 minutes weekends. The schedule suggests a slight increase in distance as you get closer to race date: from 6 to 10 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace, except on those days where a 3/1 workout is prescribed. A "3/1" workout is one in which you run the first three-fourths of the distance at a comfortable pace, and then accelerate to near race pace over the last one quarter of the workout. (You should finish refreshed, not fatigued.) If Sunday isn't a convenient day for your long runs, feel free to do them on another day.

Walking: Walking is an excellent exercise that a lot of runners overlook in their training. In the running training schedules there are not specific walking workouts, but feel free to walk during your running workouts any time you feel tired or need a break. Nobody cares whether you run the full 10-K, they're more concerned that you finish. If this means walking every step in practice and in the race, do it!

The following information relates to the 10-K training program for walkers above:

Monday: Rest or walk. If you walked a long distance over the weekend, use this day to rest if you experienced any fatigue, or if your leg muscles are sore. In my Novice training programs developed for runners, Monday is usually a rest day. Only the Intermediate and Advanced runners train on this day.

Tuesday: Many of my training programs utilize a 48-hour break between bouts of hard exercise, so it's time to train again. In this program, begin by walking for 20 minutes at a comfortable pace. Every week, add another 5 minutes to the length of your walk. By going at it gradually, you should be able to improve your walking ability without discomfort or risk of injury.

Wednesday: Rest or walk. Hard/easy is a common pattern among runners. You train hard to exercise your muscles, then rest to give them time to recover. You might want to take today off, but if yesterday's walk went good, feel free to walk again, regardless of distance. If you're really feeling strong--and have the time--repeat the Saturday or Sunday pattern for your Wednesday walks.

Thursday: This is a repeat of Tuesday's workout pattern. Begin with 20 minutes and add five more minutes to your walk every week.

Friday: Another rest day. You need to make sure your muscles are well rested so you can train hard on the weekends. Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter that much on which day you do specific workouts as long as you are consistent with your training.

ZGHI Training for



Saturday: The Saturday workouts are stated in miles rather than minutes. This is to give you an idea of how much distance you are able to cover over a specific period of time as well as to give you confidence in your ability to walk 10 kilometers. The 10-K is actually 6.2 miles long, so by the time you get to the 6-miler on the ninth Saturday, you will be only a short distance from achieving your goal. If you can't find a measured course with mile markers, use your car to measure distance. Car speedometers are not precise measuring tools, but they come close. Another option: Walk on a measured track.

Sunday: At least one day a week, it's a good idea to go for a long walk without worrying about exactly how much distance you cover or exactly how long it takes to cover it. For instance, walk in the woods over unmeasured trails. Most people should be able to walk continuously for an hour or more at least once a week, even if it means walking very slowly or pausing to rest. If walking an hour seems too difficult the first week, start with 25 to 45 minutes and by adding 5-10 minutes each week, build up to the point where you can walk continuously for 90 minutes. The schedule below offers a broad range for the time covered, beginning with 25-90 minutes. Each week the first number changes, but not the last, gradually pushing you up to an ultimate hour-and-a-half of walking the weekend before the 10-K. If you are fit enough to start at 90 minutes and continue at that level, be my guest!