



TRAINING TERMS DEFINED

X-training: Alternative aerobic exercise in the form of cycling, water running, swimming or the elliptical. These are scheduled before or after your key workouts for the week and cross training for 30 to 60 minutes on your non-running days is a good way to get in extra volume without beating up your body.

TRACK: Head to your local high school or college track once a week to do your workout in a controlled environment. One lap of most tracks is a quarter mile and running round and round is an excellent way to "track" your progress.

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	TRACK: 1 lap warm-up walk, 3 x run 2 laps/walk half lap, then 1 x run 4 laps, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 5 x [5:00 run/1:00 walk], 5:00 cooldown walk	X-Training 40:00	5:00 warm-up walk, then 5 x [5:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 40:00
7	TRACK: 1 lap warm-up walk, run 1 lap, walk half lap, run 2 laps/walk half lap, run 3 laps/walk half lap, run 4 laps, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 4 x [6:00 run/1:00 walk], 5:00 cooldown walk	X-Training 40:00	5:00 warm-up walk, then 4 x [7:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 40:00
8	TRACK: 1 lap warm-up walk, run 1 lap/walk half lap, then 3 x run 3 laps/walk half lap, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 3 x [8:00 run/1:00 walk], 5:00 cooldown walk	X-Training 45:00	5:00 warm-up walk, then 3 x [9:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 45:00
9	TRACK: 1 lap warm-up walk, run 2 laps/walk half lap, then 2 x run 4 laps/walk half lap, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 3 x [9:00 run/1:00 walk], 5:00 cooldown walk	X-Training 45:00	5:00 warm-up walk, then 3 x [10:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 45:00
10	TRACK: 1 lap warm-up walk, then 3 x run 4 laps/walk half lap, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 2 x [15:00 run/1:00 walk], 5:00 cooldown walk	X-Training 30:00	5:00 warm-up walk, then 20:00 run, 5:00 cooldown walk	REST	Race day!

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YOUR 5K RACE!

