

## **Run with the Girls 5k or 10k Advanced Program**

### Training Zones

Zone 1 Warm-up and cool-down pace 50 to 65% ( of maximum effort)

Zone 2 General Conditioning 65 –80% ( Aerobic Pace)

Zone 3 Tempo Pace 80 –90% ( 10k to 5 k pace )

Zone 4 Anaerobic pace 90-95 % (5k to 1mile pace )

Zone 5 Speed 95-100% (1mile to 800m pace)

### **Week 1**

Mon. 9-19

OFF

Tues. 9-20

Run 1 hour

15 min warmup

10x1:30 zone 4 w/ 1:30 recovery after each  
ez cool down

Wed. 9-21

Run 45 min. zone 1-2

Thurs. 9-22

Run 1 hour

2x12 min zone 3 w/ 6 min ez after each  
ez cool down

Fri. 9-23

Run 45 min. zone 1-2

Sat. 9-24

Crosstrain 45 min zone 1-2

Sun. 9-25

Run 1:10:00 zone 1-2

## Week 2

Mon. 9-26

OFF

Tues. 9-27

Run 1 hr.

15 min warmup

3x1 mile repeats @ zone 3-4

w/3 min.ez after each

ez cool down

Wed. 9-28

Run 45 min zone 1-2

Thurs. 9-29

Run 1 hour

15 min warm up

3x8 min zone 3 w/ 2 min ez after each

Fri. 9-30

Run 45 min zone 1-2

Sat. 10-1

Crosstrain 45 min

Sun. 10-2

Run 1:20 zone 1-2

### **Week 3**

Mon. 10-3  
OFF

Tues. 10-4  
Run 1 hr.  
15 min warm up  
6x800m w/ 3 min ez after each  
ez cool down

Wed. 10-5  
Run 45 min zone 1-2

Thurs. 10-6  
Run 1 hr.

Fri. 10-7  
Run 45 min zone 1-2

Sat. 10-8  
45 min crosstrain

Sun. 10-9  
Run 1:30 zone 1-2

## **Week 4**

Mon. 10-10

OFF

Tues. 10-11

Run 1 hour

15 min warm up

12x1:30 @ zone 4 w/1:30 ez

ez cool down

Wed. 10-12

Run 45 min. zone 1-2

Thurs. 10-13

Run 1 hour

15 min warm up

2x15 min zone 3-4 w/5 min easy after each

easy cooldown

Fri. 10-14

Run 45 min zone 1-2

Sat. 10-15

45 min crosstrain

Sun. 10-16

Run 1:20:00 zone 1-2

## Week 5

Mon. 10-17  
OFF

Tues. 10-18  
Run 1 hour  
15 min warm up  
5x1k (1000m) @ zone 4 w/3 min ez after each  
ez cooldown

Wed. 10-19  
Run 45 min zone 1-2

Thurs. 10-20  
Run 1 hour  
15 min warmup  
3x9 min zone 3-4 w/3 min ez after each  
ez cooldown

Fri. 10-21  
Run 45 min zone 1-2

Sat. 10-22  
Run 45 min w/2 miles @ race pace  
Ez cooldown

Sun. 10-23  
Run 1:10:00 zone 1-2

## **Week 6**

Mon. 10-24

OFF

Tues. 10-25

Run 1 hour

15 min warm up

16x200m zone 4-5 w/1 min ez after each  
ez cool down

Wed. 10-26

Run 45 min zone 1-2

Thurs. 10-27

Run 1 hour

15 min warmup

4x8 min zone 3 w/ 2 min ez after each  
ez cool down

Fri. 10-28

Run 45 min zone 1-2

Sat. 10-29

Run 50 min w/3 miles @ race pace

Ez cool down

Sun 10-30

Run 1 hour zone 1-2

**Week 7 RACE WEEK**

Mon. 10-31  
OFF

Tues. 11-1  
Run 45 min  
15 min warm up  
3x5 min @ zone 4 w/ 5 min ez  
ez cool down

Wed. 11-2  
Run 45 min zone 1-2

Thurs. 11-3  
Run 40 min w/5x1 min @ zone 5 w/1 min recovery after each

Fri.. 11-4  
OFF

Sat. 11-5  
Run 20-30 min easy

Sun 11-6 **RACE DAY ☺ GOOD LUCK!!!**

