

Journal Jog Intermediate

This plan is for athletes who can comfortably run 5 or more miles in one effort and have a 5K PR under 31 minutes.

This plan is designed to be a fun and healthful way for you to race the Journal Jog on September 10. Think of these next seven weeks as a journey towards faster and more sustainable running. The main tenants of this training plan are: W (fast walking), easy running (EZ), moderate running (M), hard running (H), and cross-training (XT).

In using variations in pace (W = walking, EZ=easy, M=moderate, H=hard) on each workout, our goal is to:

- 1) get you fitter
- 2) reduce your chance of injury
- 3) keep it fun!

Although it may seem complicated at first, you will catch onto the variations in pace and begin to look forward to the hard running segments followed by the easy run breaks. Finally, implement stretching and core exercises into your routine 2-5 days per week (see bottom of the webpage for guidance). Flexibility and core strength are two of the biggest factors to keep any runner healthy and running strong.

*This plan is written by Coach Lauren Evans, owner of Fizio. Fizio is a locally owned fitness center and athlete recovery lounge located at 400 Mill Street. For more information about Fizio, please visit FizioReno.com or stop by for a free trial day.

If you are interested in a personalized plan or have any questions, please contact Lauren. Her email is: lauren@fizioreno.com . Also, please like us on Facebook (facebook.com/fizioreno).

**Please consult with your physician prior to beginning the training plan. Follow these plans at your own risk.

W = Fast Walk (3.5 + MPH)

EZ = Easy Run (about 2 minutes slower than current 5k pace)

M = Moderate Run (about 1 minute slower than current 5k pace)

H = Hard Run (0-10 seconds slower than current 5k pace)

Tip: Use your current 5k race pace to come up with training times, not your desired 5k pace.

Cross-Train XT (Choose your favorite cross-training sport, such as swimming, biking, mountain biking, elliptical, rower, stair-master, kick-boxing, yoga, dance, etc.)

* If not specified, rest interval is easy jog at half the distance of the interval.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 minute W, 8 x 1 minute M, 1 min EZ, 10 W	XT – 30 minutes	10 min EZ, 2 x 7 min M, 3 min EZ, 10 min cool-down	XT – 30 minutes	OFF or 3 miles EZ	4 miles EZ	OFF
2	10 min EZ, 4 x 4 minutes H with 4 min EZ jog rest, 10 min W	XT – 35 minutes	10 min EZ, 2 x 7 min M, 2 min EZ, 10 min cool-down	XT – 35 minutes	OFF or 3 miles EZ	4 miles EZ	OFF
3	5 min W, 10 min EZ, 6 x 1 minute H, 1 minute EZ, 10 minute cool down	XT – 40 minutes	10 min EZ, 3 x 7 min M, 3 min EZ, 10 min cool-down	XT – 40 minutes	OFF or 3 miles EZ	5 miles EZ with 2 x 50m strides	OFF
4	10 min EZ, 4 x 5 min H with 2 m W rest, 10 min cool-down.	XT – 45 minutes	10 min EZ, 3 x 7 min M, 3 min EZ, 10 min cool-down	XT – 45 minutes	OFF or 3 miles EZ	5 miles EZ with 2 x 50m strides	OFF
5	20 min EZ, 3 x (3 minutes H, 3 min EZ), 10 min W	XT – 45 minutes	10 min EZ, 3 x 7 min M, 2 min EZ, 10 min cool-down	XT – 45 minutes	OFF or 3 miles EZ	6 miles EZ with 2 x 50m strides	
6	20 min EZ, 3 x (3 minutes H, 3 min EZ), 10 min W	XT – 45 minutes	10 min EZ, 3 x 7 min M, 2 min EZ, 10 min cool-down	XT – 45 minutes	OFF or 3 miles EZ	6 miles EZ with 2 x 50m strides	OFF

7	10 min EZ, 6 x 1 min H with 1 min EZ rest, 10 min EZ or W	OFF	2 miles easy, 3 x 400m H with 400m EZ, 1 mile cool down	XT – 20 minutes	OFF	10 minute jog, 2 x 200m strides	Journal Jog
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Lauren's "Stretch 10"

Note: Other than the leg swings, these are mainly traditional, static stretches. DO NOT do these before running. Rather, you can do these after working out. Come to EFAST to learn Dynamic Stretches to incorporate into your training.

Leg Swings:

-Flexion/Extension- Stand sideways onto the wall: Weight on your left leg and your right hand on the wall for balance. Swing your right leg forward and backward. 10 repetitions on each leg.

-Cross-Body flexion/Abduction - Leaning slightly forward with both hands on a wall and your weight on your left leg, swing your right leg to the left in front of your body, pointing your toes upwards as your foot reaches its furthest point of motion. Then swing the right leg back to the right as far as comfortable, again pointing your toes up as your foot reaches its final point of movement. 10 repetitions on each leg.

Deep Lunge:

Stand tall both feet together (starting position). Keeping the back straight, lunge forward with the right leg approximately 1 to 1½ yards. The right thigh should be parallel with the ground and the right lower leg vertical to the ground, HOLD. Raise opposite arm of bent leg toward the sky, and perform a sideways lean toward the bent leg, keeping the body upright. Hold the position. Repeat with the same leg 5 - 10 times. This is a range of motion stretch, not a strength activity. Repeat with the left leg.

Hamstring:

Lie on your back with a towel or rope around your right foot which is extended in the air. Pull gently and hold for 30 seconds. Return to starting position. Repeat 3 x. Switch legs.

Traditional Calf Stretch:

Push slightly against a wall with one leg straight behind you and front leg bent. Hold for 15 seconds. Return to starting position. Repeat 3 x, switch legs.

Lauren's "Continuous Core"

“Continuous core” is performing a core exercise for 30 seconds – 1 minute, then going right into the next exercise with zero rest. Your core is constantly activated when you are running, without rest, so why would you get to rest during a core-specific workout? Start with a goal of 2 minutes of continuous core, then progress to 3 minutes, 4 minutes...all the way up to 12 minutes if you can! However, I like to keep target 6-8 minutes of continuous core 3 x per week with my athletes.

Here are some core exercises that you can use in a “continuous core” routine:

Crunch, crunch with legs straight up, reaching for toes, bicycle, reverse crunch, side crunch, planks (front, side, supine ie. tummy toward the sky), hold push-up position, donkey kicks, and fire hydrants.



TRAIN. RECOVER. REPEAT.