

Leprechaun 5K Run / Walk Plan

Beginner / Novice Program 6 Weeks

You will be on a 6 week increasing higher mileage and 1 week recovery before race day.

Make sure that you do your home stretching daily! Foam Rolling is also a great option.

Injury prevention will be a key part of your running plan!

Week: 1	Long Run 3 miles easy	Easy Run 20 min.	Cross Train 30 - 60 min.	Trail run 30 - 40 min.
Week: 2	Long Run 3 miles east	Cross Train 30 - 60 min.	Easy Run 25 - 30 min.	Hill Repeats 6 X 30 sec.
Week: 3	Long Run 4 miles	Easy Run 30 min.	Trail Run 40 min.	Hill Repeats 7 X 30 sec.
Week: 4	Long Run up to 45 min.	Cross Train 45 - 75 min.	Easy Run 25 -30 min.	Hill Repeats 8 X 30 sec.
Week: 5	Long Run 4.5 miles	Easy Run 25 - 35 min.	Cross Train 60 - 90 min.	Trail Run 45 min. Easy
Week: 6	Easy Run 2.5 miles	Trail Run 30 min.	OFF	RACE DAY!

Program courtesy of Katie Ingram, Fitness Supervisor and Director of Fitness Programming at Saint Mary's Fitness Center.

Katie is a local athlete and Personal Trainer/Coach with Sierra Body Works.

Katie graduated from California State University Northridge with a degree in Exercise Physiology/Kinesiology.

She was a collegiate swimmer and triathlete.

In the last 20 plus years, Katie has been coaching athletes of all abilities.

Her philosophy is to “plan your work, and work your plan!” If you train with a purpose and trust the process of your training plan....results will follow.