



15K TRAINING 2020

Sat. Feb. 22, 2020
START: 6:45am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK #1	9 DEC Rest & Stretch	10 WARM UP, then alternate MODERATELY. RUN/WALK 2 mi + Strength train 30 min.	11 Cross Train 30 Min.	12 WARM UP, then alternate MODERATELY. Run/Walk 2 mi	13 Rest & Stretch	14 WARM UP, then alternate MODERATELY. Run/Walk 2 mi.	15 Cross Train 30 Min.
WEEK #2	16 Rest & Stretch	17 WARM UP, then alternate MODERATELY. RUN/WALK 2 mi + Strength train 30 min.	18 Cross Train 30 Min.	19 WARM UP, then alternate MODERATELY. Run/Walk 2 mi	20 Rest & Stretch	21 WARM UP, then alternate MODERATELY. Run/Walk 2 mi.	22 Cross Train 30 Min.
WEEK #3	23 Rest & Stretch	24 WARM UP, then Run EASY PACE. 3 mi + Strength train 30 min.	25 Cross Train 30 Min.	26 WARM UP, then Run EASY PACE. Run 2 mi	27 Rest & Stretch	28 WARM UP, then Run EASY PACE. Run 3 mi	29 Cross Train 30 Min.
WEEK #4	30 Rest & Stretch	31 WARM UP, then Run EASY PACE. 3 mi + Strength train 30 min.	1 JAN Cross Train 35 Min.	2 WARM UP, then Run EASY PACE. Run 2 mi	3 Rest & Stretch	4 WARM UP, then Run EASY PACE. Run 4 mi	5 Cross Train 30 Min.
WEEK #5	6 Rest & Stretch	7 WARM UP, then Run EASY PACE. 2 mi + Strength train 30 min.	8 Cross Train 35 Min.	9 WARM UP, then Run TEMPO PACE. Run 2 mi	10 Rest & Stretch	11 WARM UP, then Run EASY PACE. Run 2 mi	12 Cross Train 40 Min.
WEEK #6	13 Rest & Stretch	14 WARM UP, then Run EASY PACE. 4 mi + Strength train 30 min.	15 Cross Train 40 Min.	16 WARM UP, then Run TEMPO PACE. Run 3 mi	17 Rest & Stretch	18 WARM UP, then Run EASY PACE. Run 5 mi	19 Cross Train 40 Min.
WEEK #7	20 Rest & Stretch	21 WARM UP, then Run EASY PACE. 4 mi + Strength train 30 min.	22 Cross Train 40 Min.	23 WARM UP, then Run TEMPO PACE. Run 3 mi	24 Rest & Stretch	25 WARM UP, then Run EASY PACE. Run 7 mi	26 Cross Train 40 Min.
WEEK #8	27 Rest & Stretch	28 WARM UP, then Run EASY PACE. 3 mi + Strength train 30 min.	29 Cross Train 45 Min.	30 WARM UP, then Run TEMPO PACE. Run 3 mi	31 Rest & Stretch	1 FEB WARM UP, then Run EASY PACE. Run 8 mi	2 Cross Train 50 Min.
WEEK #9	3 Rest & Stretch	4 WARM UP, then Run EASY PACE. 5 mi + Strength train 30 min.	5 Cross Train 45 Min.	6 WARM UP, then Run TEMPO PACE. Run 3 mi	7 Rest & Stretch	8 WARM UP, then Run EASY PACE. Run 9 mi	9 Cross Train 60 Min.
WEEK #10	10 Rest & Stretch	11 WARM UP, then Run EASY PACE. 5 mi + Strength train 30 min.	12 Cross Train 45 Min.	13 WARM UP, then Run TEMPO PACE. Run 3 mi	14 Rest & Stretch	15 WARM UP, then Run EASY PACE. Run 8 mi	16 Cross Train 60 Min.
RACE WEEK	17 Rest & Stretch	18 WARM UP, then Run EASY PACE. 3 mi.	19 Cross Train 30 Min.	20 WARM UP, then Run EASY PACE. Run 2 mi	21 Rest & Stretch	22 15 K RACE DAY	23



Fri., Feb. 21, 2020, 10:00am – 8:00pm
Sat. Feb. 22, 2020, 6:00am – 5:00pm

GARMIN



KEY:

EASY PACE.: Perform these runs at a conversational pace.

RUN/WALK: Alternate between running and walking. Perform your walk intervals at a brisk pace.

TEMPO RUN: Tempo runs should be performed at a comfortably hard pace...faster than your easy runs, but not so tough so that you're breathing heavily. Start your TEMPO RUNS with warm-up mile of easy running and finish with a relaxed cool-down mile.

CROSS TRAINING: Incorporate non-impact cross-training such as cycling, elliptical, swimming and yoga

STRENGTH TRAINING: Perform lower body and core strengthening exercises (pushups, squats, lunges, deadlifts, planks, etc.)