Celebratory 5K Guide
Lackawanna, Luzerne & Wayne Counties Fall 2023

Each Girls on the Run (GOTR) season concludes with a joyful and fun non-competitive 5K. This culmination gives girls a tangible sense of accomplishment and the confidence to achieve her dreams. We look forward to you joining this season's end-of-season 5K to celebrate the accomplishments of your GOTR girl! Our 5K Celebration is uniquely different from other races or runs that participants may have attended before because it is truly a celebration of what they have accomplished over the past 10 weeks! We have been reminding our participants that this is *"Your K, do it your way!,"* which means that they get to decide how they want to complete the 5K and should not feel pressured to run the entire 3.1 miles.

Here are the details for this season's 5K Celebration:

- **Date:** November 18, 2023
- **Location:** Keystone College, 1 College Rd, La Plume
- **Pre-5K Activities:** 8:45 AM
- **5K Celebration Start Time:** 10:00 AM
- **End Time:** Approximately 11:30 AM

How to Register:

Running Buddies can register to run, walk, skip, hop or roll the 5K here.

Important Reminder: Program participants do not need to be registered for the 5K since the 5K is already included in their program registration. *5K registration is only for Running Buddies*.

Online Running Buddy registration is currently open and will close on November 17th. Day-of registration will be available prior to the start of the event. All participants who register **by November 1st will be guaranteed their chosen size for the race day t-shirt**. After that date, shirts will be available at the 5K on a first-come basis and are not guaranteed.

What is a Running Buddy?

Every girl is strongly encouraged to have a Running Buddy for the 5K. A Running Buddy ensures each participant's safety and provides encouraging support throughout the 5K. We will have high school students, coaches and GOTR alumni available to run so if your girl doesn't have a buddy please let your coaches know ASAP.

!NEW THIS SEASON! Each girl is allowed up to two Running Buddies. The suggested age for Running Buddies is 16 or older, male or female, and may be a family member, caregiver, teacher, coach or another trusted person. Running Buddies do not need to be runners but should be able to complete the 5K (3.1 miles). There is a 5K training program included in this guide for walking, running or a bit of both! All Running Buddies must register for the event.

Parents/guardians are responsible for ensuring appropriate supervision for each girl before, during and after the 5K.

Is the 5K Accessible?

Yes! We kick the festivities off on the track and then all 5K participants head to the Heritage Trail to complete a majority of the 5K. The 5K ends on the track. Please contact Gretchen if you need any special accommodations.

Can family and friends come to the 5K to cheer or do they have to register for the 5K to attend?

Spectators are invited to bring their cheer signs, positive posters, cheer gear and joyful spirit! Anyone who would like to support, encourage and cheer on the runners are welcome to attend – no registration is needed for spectators. Spectators can cheer on our girls on the trail and/or the track.

How do I pick up my 5K Shirt and Bib?

Each site will have a "Team Table" under the pavilion. Program participants and their Running Buddies will meet at their Team Table to pick up their 5K shirts and their bibs upon arrival.

Please note: Each participant will receive a FREE 5K souvenir shirt as a gift form GOTR Lehigh Valley & Pocono.

Who is eligible for the Kids' Fun Run and how do I register my child for this event?

Children 7 and under are welcome to participate in the Fun Run, which is one lap around the track. In order to participate, please register your child/children at the Registration Table. Each participant will receive a ribbon and a snack once they finish. This is a FREE event, sponsored by Brucelli Advertising.

What do I wear on 5K day?

GOTR and Heart & Sole participants should wear their program t-shirts that they received during the season, their personalized bib, athletic clothing and running shoes. Running Buddies should wear their 5K shirt, their running bib, athletic clothing and running shoes.

Dress for the weather! The 5K will be held rain or shine. If it's cold, consider wearing gloves, a hat and a jacket. If it's raining, bring a raincoat or poncho that you can run in. If it's warm, wear breathable clothing.

Are dogs allowed at the 5K?

Service dogs only please.

What parking and transportation options are available?

When you enter Keystone's campus, follow the circle around to the left and take the road until you see the baseball field. Parking will be available in a lot across from the field and behind the baseball field. After parking, you'll walk up the hill and proceed to the pavilion. Volunteers will

direct you where to park. **Handicap parking will be available at the top of the hill outside of the stadium**. *Please allow extra time for traffic and parking!*

Some GOTR or Heart & Sole sites may provide the option of a team bus for transportation to the 5K. If a bus is available for your team, you will be informed by your team's coaches.

What are the Pre-5k activities?

The participants and Running Buddies who have pre-registered will check-in at their Team Table to pick up their bibs and 5K shirts.

We will have 5K registration for Running Buddies *who have not yet registered* at the Registration Table. Cash and Credit payments are accepted.

We will also have Girls on the Run merchandise for sale, music, photo tent, Happy Hair, and sponsor tables.

Opening Remarks will begin at 9:40 and will take place over on the track. *We respectfully request that everyone listens carefully during this time. We know that there will be a lot of excitement but we want to make sure that the crowd is quiet while we run through a few important details.*

How do we meet our team before the 5K starts?

All GOTR and Heart & Sole teams will be able to warm up and start the 5K together! We have designated spots where you'll be able to find your team. **After your participant picks up her 5K shirt and bib, she will proceed to the track and meet up with her team.** Each team will meet under their personalized sign.

What is the 5K course?

To help with crowd control, we will be starting in waves by site. A course guide will be dedicated to getting each site started. There will be approximately 1 minute in between each group. When each site is called, the participants and Running Buddies will make their way over to the trail. The 5K route will begin on the trail AT THE TOP of the hill and will end on the track. Spectators are welcome to wait on the trail and then relocate to the track for the big finish! We anticipate that the girls will take between 30 and 70 minutes to complete the 5K. Once the girls go through the finish line, they will get a medal and water and will wait around the track to cheer for their teammates. **As a way to keep everyone safe, we ask that parents, guardians and spectators keep the finish line clear.**

Click below to view the 5K course and parking map.

https://www.pinwheel.us/s3/pinwheelrms-mail/user/a28553f1-184c-e311-b5dc-00155d40ddc3/Keystone%20College%20Map%20with%20Notes%20(1).png

What happens if there is bad weather?

The 5K will be held rain or shine! However, event management reserves the right to cancel or modify the event due to dangerous or unfavorable conditions. Registration fees are not refundable in the event of cancellation.

In the event of needing to cancel the 5K for participant safety, notification will be sent to all participants and registered Buddy Runners via email and text message (if you opted into receiving text message updates from our council).

What happens after each GOTR and H&S girl crosses the finish line?

GOTR and Heart & Sole participants will receive a medal. ALL participants (GOTR participants and Running Buddies) will receive a snack, hot chocolate and water. Families are welcome to take pictures and enjoy your accomplishment! Again, *we strongly encourage all GOTR and H&S participants to stay and cheer on until the last girl crosses the finish line.*

Please help keep the campus clean by picking up your trash and taking all belongings with you as you leave. Thank you!

Questions?

If you have any questions about the 5K, please contact Gretchen Henderson at: gretchen.henderson@girlsontherun.org.

And finally…

Please let your coaches know if your participant is NOT attending the 5K. For many of our girls, this will be their first 5K so if they are feeling nervous, please know that it is a normal emotion that many of our girls may feel! If your daughter is sick or an unforeseen issue arises the morning of and she can no longer attend, please text one of your coaches.

Thank you to our 5K Event Sponsors!

Our local sponsors and National Partners make crossing the finish line possible.

Don't forget to GET YOUR TAIL ON THE TRAIL!

Created in 2013 by St. Luke's University Health Network and the Delaware & Lehigh National Heritage Corridor in eastern Pennsylvania, Get Your Tail on the Trail is a free program aimed at helping people of all ages and abilities meet their personal fitness goals and experience the outdoors on local trails via day-to-day challenges, public events, and motivating prizes. **We encourage ALL GOTR participants and Running Buddies to register, log your training miles and even earn the official 5K badge sponsored by GOTR! Register HERE.**

Girls on the Run 5K Training Programs
Developed by Jenny Hadfield

The following training programs are designed to guide you to the finish line! There is a program for everyone. The real key to success starts with determining which program best fits your current activity level. That way, you will progress safely and enjoy a memorable experience with the 'Girl on the Run' in your life!

There are five 5K training programs:

- **Walk** (all walking)
- **Walk-Run** (a little running sprinkled in with walking)
- **Run-Walk** (a little walking sprinkled in with running)
- **Run** (all running)
- **Advanced Run** (for those who have run half marathons)

Why so many training plans?

Because everyone is at a different fitness level, and we all have varying goals for the day of the 5K. Some of you may be starting an exercise program for the first time and preparing to participate in your inaugural 5K event and others may be daily runners. Regardless, we are all

training to reach the start line safely and more importantly, to be smiling as we cross the finish line with our GOTR girls, friends and family!

About Coach Jenny Hadfield

Jenny is a published author of three books (Marathoning for Mortals, Running for Mortals, Training for Mortals), writer, coach, speaker and endurance athlete. She has a Bachelor's degree in Exercise Physiology, a Masters Degree in Exercise Science and is a certified coach and personal trainer. For more information on Jenny, visit www.JennyHadfield.com.

5K Walk

Best suited for those who want to walk the 5K or those who have been inactive for four or more months.

Day Mode Intensity i-Rate Scale	Monday Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Walk Conversational Pace 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Walk Conversational Pace 6-7	Sunday Rest Day
Week 1	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
Week 2	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
Week 3	25 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
Week 4	30 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
Week 5	30 minutes	30-40 minutes	35 minutes	Rest	30 minutes	40 minutes	Rest
Week 6	30 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	40 minutes	Rest
Week 7	35 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	45 minutes	Rest
Week 8	35 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	50 minutes	Rest
Week 9	40 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	45 minutes	Rest
Week 10	30 minutes	30 minutes	30 minutes	Rest	30 minutes	**5K Walk**	Rest

5K Walk-Run

Best suited for those who have been walking or exercising regularly 2-3 times per week for at least 3-4 months.

Day Mode Intensity i-Rate Scale	Monday Walk-Run Moderate 7	Tuesday Cross-Train or Rest Easy 6	Wednesday Walk-Run Moderate 7	Thursday Rest Day	Friday Cross-Train or Rest Easy 6-7	Saturday Walk-Run Moderate 7	Sunday Rest Day
Week 1	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Week 2	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Week 3	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Week 4	28 minutes Run 1 min/Walk 3 min	30-40 minutes	28 minutes Run 1 min/Walk 3 min	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min	Rest

			Repeat 7 times			Repeat 7 times	
Week 5	28 minutes Run 1 min/Walk 3 min Repeat 7 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest
Week 6	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest
Week 7	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest
Week 8	35 minutes Run 2 min/Walk 3 min Repeat 7 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
Week 9	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
Week 10	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30 minutes	Rest	**5K Run-Walk 2/2**	Rest

5K Run-Walk

Best suited for first-time 5K and those who run occasionally or runners who were injured and getting back into it.

Day Mode Intensity i-Rate Scale	Monday Run-Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run-Walk Conversational Pace 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run-Walk Conversational Pace 6-7	Sunday Rest Day
Week 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Week 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Week 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Week 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Week 5	30 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Week 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Week 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Week 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Week 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
Week 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run 5 min/Walk 1 min Repeat 5 times	Rest	Rest	**5K Run-Walk 5/1**	Rest

5K Run

Best suited for those who have been running at least 2-3 times per week for 20-30 minutes for at least 4 months.

Day Mode Intensity	Monday Run Conversational Pace	Tuesday Cross-Train or Rest Moderate	Wednesday Run – Pick Ups* Conversational Pace	Thursday Rest Day	Friday Cross-Train or Rest Moderate	Saturday Run Conversational Pace	Sunday Rest Day

i-Rate Scale	6-7	7	6-7		7	6-7	
Week 1	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
Week 2	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
Week 3	25 minutes	30-40 minutes	30 minutes	Rest	30-40 minutes	35 minutes	Rest
Week 4	30 minutes	30-40 minutes	30 minutes *Pick Ups	Rest	30-40 minutes	35 minutes	Rest
Week 5	30 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
Week 6	30 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
Week 7	35 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
Week 8	40 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
Week 9	40 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
Week 10	35 minutes	Rest	30 minutes *Pick Ups	Rest	30 minutes	**5K Run**	Rest

Advanced 5K Run

Best suited for those who have been running at least 4 times per week for 40-50 minutes for at least 1 year.

Day Mode Intensity i-Rate Scale	Monday Run Moderate 7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run Hard 8	Thursday Cross-Train or Rest Moderate 7	Friday Run Conversational Pace 6-7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
Week 1	40 minutes	30-45 minutes	45 minutes *Pick Ups	30-45 minutes	40 minutes	45 minutes	Rest
Week 2	40 minutes	30-45 minutes	45 minutes *Pick Ups	30-45 minutes	40 minutes	45 minutes	Rest
Week 3	40 minutes	30-45 minutes	45 minutes *Pick Ups	30-45 minutes	40 minutes	50 minutes	Rest
Week 4	45 minutes	30-45 minutes	45 minutes *Speed A Workout	30-45 minutes	40 minutes	50 minutes	Rest
Week 5	45 minutes	30-45 minutes	45 minutes *Speed A Workout	30-45 minutes	40 minutes	45 minutes	Rest
Week 6	45 minutes	30-45 minutes	45 minutes *Speed B Workout	30-45 minutes	40 minutes	60 minutes	Rest
Week 7	45 minutes	30-45 minutes	45 minutes *Speed B Workout	30-45 minutes	40 minutes	50 minutes	Rest
Week 8	45 minutes	30-45 minutes	45 minutes *Speed C Workout	30-45 minutes	40 minutes	60 minutes	Rest
Week 9	45 minutes	30-45 minutes	45 minutes *Speed C Workout	30-45 minutes	40 minutes	45 minutes	Rest
Week 10	40 minutes	Rest	40 minutes *Speed D Workout	Rest	30 minutes	**5K Run**	Rest

TRAINING SCHEDULE KEY TERMS

WARM-UP: 5 minutes at an easy pace prior to every workout.

COOL-DOWN: Walking 5 minutes at an easy pace after every workout to gradually bring heart rate and breathing back to normal levels.

FLEXIBILITY: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

HEART RATE: Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-RATE: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all-out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

CROSS-TRAINING: Include activities that are non-walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, Stairmaster, spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.

STRENGTH-TRAINING (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body.

EASY PACE: Walk at an easy pace at 70-75% of maximum heart rate or an i-Rate level of 7+.

CONVERSATIONAL PACE: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

MODERATE PACE: Moderate pace at 75-80% of maximum heart rate or an i-Rate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

PICK-UPS: Run the workout at an easy pace and include 3-4 short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.

WALK-RUN WORKOUT: Warm-up by walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minutes - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down by walking 5 minutes at an easy pace.

RUN-WALK WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minutes - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

RUN WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an i-Rate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

SPEED "A" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "B" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 5 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "C" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 6 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale

followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "D" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the Following 4 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

We can't wait to see you on 5K Day!