



## Celebratory 5K Family Guide

### Girls on the Run of the Shenandoah Valley Fall 2025

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, as well as girls across our council.

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

- **Date:** Sunday, November 16th, 2025
- **Location:** Admiral Richard E. Byrd Middle School, 134 Rosa Lane, Winchester, VA 22602
- **Race Start Time:** 1:30 PM

#### How to Register:

Running Buddies can register to run, walk, skip, hop or roll the 5K here: <https://www.girlsontherunsv.org/5k>

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

Registration is currently open and closes on November 14th. Register early to be guaranteed a race-day shirt! Same day registration will be available.

Here's the running buddy/community fee timeline:

- **Now through October 17th**
  - o Running Buddy \$25
  - o Community Runner Adult (age 16+) \$30
  - o Community Runner Youth (age 15 and below) \$16
- **October 18th through November 13th**
  - o Running Buddy \$30
  - o Community Runner Adult (age 16+) \$35
  - o Community Runner Youth (age 15 and below) \$21

## What is a Running Buddy?

Every girl is required to have a Running Buddy for the 5K. A Running Buddy ensures each participant's safety and provides encouraging support throughout the 5K.

Running Buddies must be 16 or older 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.

## What if I cannot participate and am unable to find a Running Buddy for my GOTR or Heart & Sole participant?

We would be happy to help you find one! We have special volunteers who sign up to serve as a Running Buddies with a participant during the 5K. These volunteers are required to complete a background check before the event. Please let your Girls on the Run or Heart & Sole coach know by **November 10th** if you'd like your participant to be matched up with a Running Buddy.

## 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 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.

## How do I pick up my 5K packet?

Running Buddies will be able to pick up their 5K shirt, running bib and other 5K goodies either at the Registration tent on 5K day.

- On-site at Registration tent on November 16th from 11:30am
  - If you are registering or picking up your 5K packet on 5K day, be sure to arrive by 11:30am to ensure you are registered and have your bib prior to the 5K start time. Registrations will not be permitted after 1:15pm on 5K day.

**5K packets for Girls on the Run and Heart & Sole participants will be at their team area on the football field inside the track area.**

## What do I wear on 5K day?

On 5K day, GOTR and Heart & Sole participants should wear their program t-shirts, their running 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.

### What parking options are available?

There is parking available at the 5K venue. Roads along the 5K course will start to close by **1:00 pm**, so all cars and buses must arrive by **12:30 pm** to park in the designated venue parking.

Cars will not be permitted to leave the parking lot due to 5K course road closures until **2:30 pm**.

GOTR families, running buddies, and community runners can park in the Admiral Byrd Middle School Parking lot.



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.

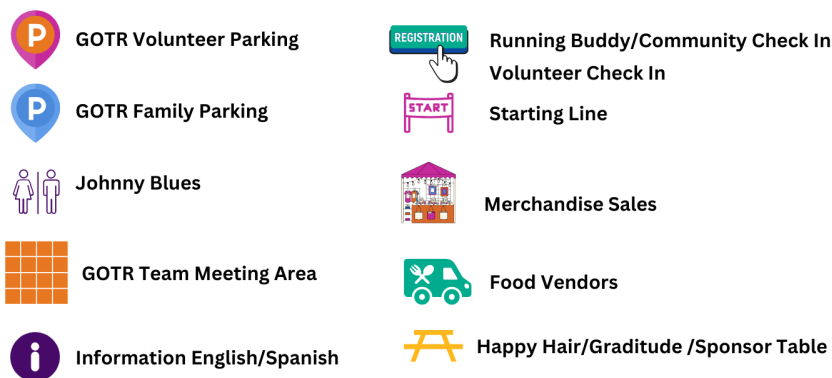
## What's in the Runner's Village?

At the Runner's Village we'll have 5K registration and packet pick-up available as well as activities, giveaways, dancing and more! We'll have **Girls on the Run merchandise** for sale as well.

Sponsors will also be in attendance at the event. Please visit their booths.

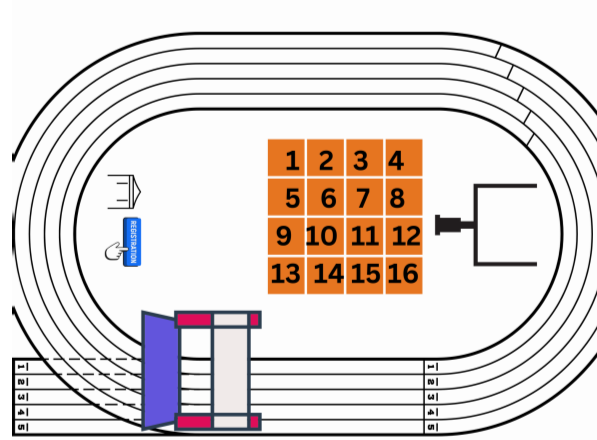
Here is a map of the entire Runner's Village:

## GOTR 5K CELEBRATION



### How do we meet our team before the 5K start?

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. Here's a diagram of where to meet your team:



Teams are assigned flag numbers alphabetically:

| Flag # | Team                         |
|--------|------------------------------|
| 1      | E Wilson Morrison Elementary |
| 2      | Eagle School Intermediate    |
| 3      | Jim Barnett Park             |
| 4      | John Kerr Elementary         |
| 5      | Jordan Springs Elementary    |
| 6      | Keister Elementary           |
| 7      | Kids Club of the NSV         |
| 8      | Mill Creek Intermediate      |
| 9      | Potomack Intermediate        |
| 10     | Powhatan School              |
| 11     | Shenandoah University        |
| 12     | Signal Knob Middle           |
| 13     | W.W. Robinson Elementary     |

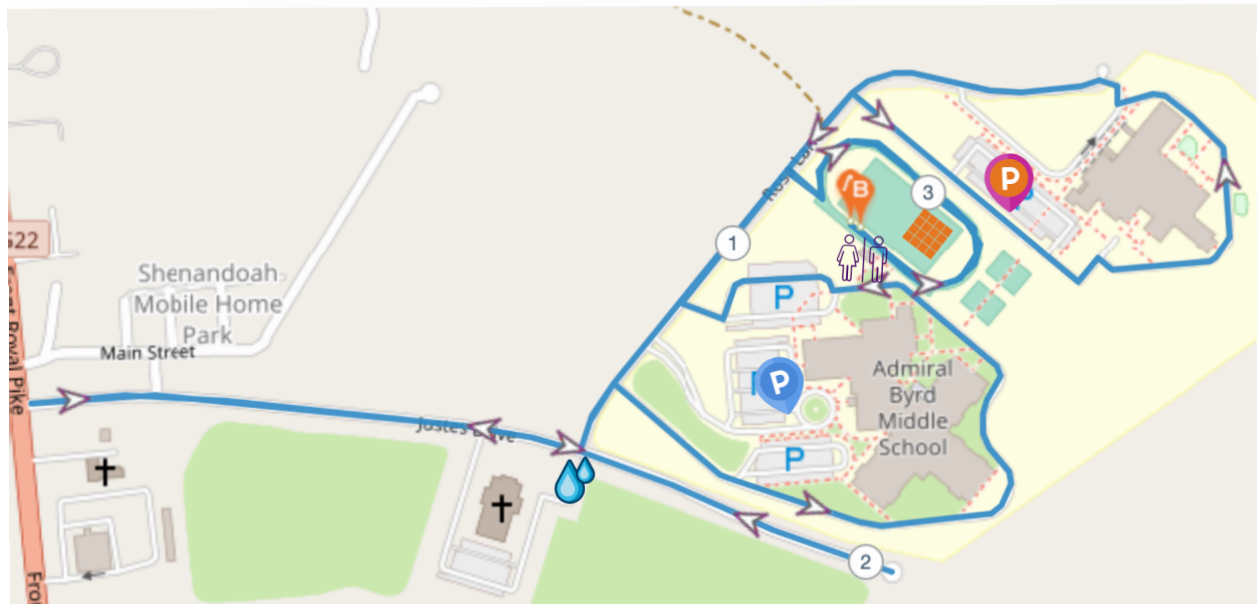
Don't hesitate to get in touch with your team's coach if you have any questions about team meeting spot details.

## What is the 5K course?

Here's the course map for this upcoming 5K:

### GOTR 5K RACE COURSE

- |                                                                                   |                        |                                                                                   |                        |
|-----------------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------------------|------------------------|
|  | GOTR Family Parking    |  | GOTR Team Meeting Area |
|  | GOTR Volunteer Parking |  | Start/Finish Line      |
|  | Restrooms/Johnny Blues |  | GOTR Team Meeting Area |



### What should I do if my GOTR girl and I get separated during the 5K?

Prior to the start of the 5K, determine a meeting location with your GOTR girl of where you will meet after completing the 5K course. If you are at the meeting spot and you do not see your daughter by the time you'd expect, please head to the **Registration Table to find the Safety Coordinator**. The staff member will make an announcement on the speaker for your daughter to meet you at **Registration Table**.

### 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).

### Questions?

If you have any questions about the 5K, please contact Girls on the Run Shenandoah Valley [info@girlsontherunsv.org](mailto:info@girlsontherunsv.org) or (540) 431-5320.

## Thank you to our 5K Event Sponsors!

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

### National Partners



### Local Partners

### Community Partner



## 2025 Fall Sponsors Limitless Potential



### Star Power



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### \$300 Sponsor



## 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](http://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<br>Mode<br>Intensity<br>i-Rate<br>Scale | Monday<br>Walk<br>Conversational<br>Pace<br>6-7 | Tuesday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Wednesday<br>Walk<br>Conversational<br>Pace<br>6-7 | Thursday<br>Rest<br>Day | Friday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Saturday<br>Walk<br>Conversational<br>Pace<br>6-7 | Sunday<br>Rest<br>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                                        | <b>5K Walk</b>                                    | 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<br>Mode<br>Intensity<br>i-Rate<br>Scale | Monday<br>Walk-Run<br>Moderate<br>7                  | Tuesday<br>Cross-Train or<br>Rest<br>Easy<br>6 | Wednesday<br>Walk-Run<br>Moderate<br>7               | Thursday<br>Rest<br>Day | Friday<br>Cross-Train or<br>Rest<br>Easy<br>6-7 | Saturday<br>Walk-Run<br>Moderate<br>7                 | Sunday<br>Rest<br>Day |
|---------------------------------------------|------------------------------------------------------|------------------------------------------------|------------------------------------------------------|-------------------------|-------------------------------------------------|-------------------------------------------------------|-----------------------|
| Week 1                                      | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times | 30-40 minutes                                  | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times | Rest                    | 30-40 minutes                                   | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times  | Rest                  |
| Week 2                                      | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times | 30-40 minutes                                  | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times | Rest                    | 30-40 minutes                                   | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times  | Rest                  |
| Week 3                                      | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times | 30-40 minutes                                  | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7 times | Rest                    | 30-40 minutes                                   | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7 times  | Rest                  |
| Week 4                                      | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6 times | 30-40 minutes                                  | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7 times | Rest                    | 30-40 minutes                                   | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7 times  | Rest                  |
| Week 5                                      | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7 times | 30-40 minutes                                  | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7 times | Rest                    | 30-40 minutes                                   | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6 times  | Rest                  |
| Week 6                                      | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6 times | 30-40 minutes                                  | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6 times | Rest                    | 30-40 minutes                                   | 35 minutes<br>Run 2 min/Walk 3 min<br>Repeat 7 times  | Rest                  |
| Week 7                                      | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6 times | 30-40 minutes                                  | 35 minutes<br>Run 2 min/Walk 3 min<br>Repeat 7 times | Rest                    | 30-40 minutes                                   | 40 minutes<br>Run 2 min/Walk 3 min<br>Repeat 8 times  | Rest                  |
| Week 8                                      | 35 minutes<br>Run 2 min/Walk 3 min<br>Repeat 7 times | 30-40 minutes                                  | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9 times | Rest                    | 30-40 minutes                                   | 40 minutes<br>Run 2 min/Walk 2 min<br>Repeat 10 times | Rest                  |
| Week 9                                      | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9 times | 30-40 minutes                                  | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9 times | Rest                    | 30-40 minutes                                   | 40 minutes<br>Run 2 min/Walk 2 min<br>Repeat 10 times | Rest                  |
| Week 10                                     | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9 times | Rest                                           | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9 times | 30 minutes              | Rest                                            | <b>5K Run-Walk 2/2</b>                                | 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<br>Mode<br>Intensity<br>i-Rate<br>Scale | Monday<br>Run-Walk<br>Conversational<br>Pace<br>6-7  | Tuesday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Wednesday<br>Run-Walk<br>Conversational Pace<br>6-7       | Thursday<br>Rest<br>Day | Friday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Saturday<br>Run-Walk<br>Conversational<br>Pace<br>6-7 | Sunday<br>Rest<br>Day |
|---------------------------------------------|------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------|-------------------------|---------------------------------------------------|-------------------------------------------------------|-----------------------|
| Week 1                                      | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times | 30-40 minutes                                      | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times      | Rest                    | 30-40 minutes                                     | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times  | Rest                  |
| Week 2                                      | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times | 30-40 minutes                                      | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times      | Rest                    | 30-40 minutes                                     | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times  | Rest                  |
| Week 3                                      | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5 times | 30-40 minutes                                      | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6 times      | Rest                    | 30-40 minutes                                     | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6 times  | Rest                  |
| Week 4                                      | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6 times | 30-40 minutes                                      | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6 times      | Rest                    | 30-40 minutes                                     | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6 times  | Rest                  |
| Week 5                                      | 30 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times | 30-40 minutes                                      | 30 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times      | Rest                    | 30-40 minutes                                     | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times  | Rest                  |
| Week 6                                      | 30 minutes<br>Run 4 min/Walk 2 min<br>Repeat 5 times | 30-40 minutes                                      | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times      | Rest                    | 30-40 minutes                                     | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times  | Rest                  |
| Week 7                                      | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times | 30-40 minutes                                      | 35 minutes<br>Run 4 min/Walk 1 min<br>Repeat 7 times      | Rest                    | 30-40 minutes                                     | 40 minutes<br>Run 4 min/Walk 1 min<br>Repeat 8 times  | Rest                  |
| Week 8                                      | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6 times | 30-40 minutes                                      | 35 minutes<br>Run 4 min/Walk 1 min<br>Repeat 7 times      | Rest                    | 30-40 minutes                                     | 40 minutes<br>Run 4 min/Walk 1 min<br>Repeat 8 times  | Rest                  |
| Week 9                                      | 40 minutes<br>Run 4 min/Walk 1 min<br>Repeat 8 times | 30-40 minutes                                      | 42 minutes<br>Run 5 min/Walk 1 min<br>Repeat 8 times      | Rest                    | 30-40 minutes                                     | 42 minutes<br>Run 5 min/Walk 1 min<br>Repeat 8 times  | Rest                  |
| Week 10                                     | 30 minutes<br>Run 5 min/Walk 1 min<br>Repeat 5 times | Rest                                               | 30 minutes easy<br>Run 5 min/Walk 1 min<br>Repeat 5 times | Rest                    | Rest                                              | <b>5K Run-Walk 5/1</b>                                | 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<br>Mode<br>Intensity<br>i-Rate<br>Scale | Monday<br>Run<br>Conversational<br>Pace<br>6-7 | Tuesday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Wednesday<br>Run – Pick Ups*<br>Conversational<br>Pace<br>6-7 | Thursday<br>Rest<br>Day | Friday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Saturday<br>Run<br>Conversational<br>Pace<br>6-7 | Sunday<br>Rest<br>Day |
|---------------------------------------------|------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|-------------------------|---------------------------------------------------|--------------------------------------------------|-----------------------|
| 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<br>*Pick Ups                                       | Rest                    | 30-40 minutes                                     | 35 minutes                                       | Rest                  |
| Week 5                                      | 30 minutes                                     | 30-40 minutes                                      | 35 minutes<br>*Pick Ups                                       | Rest                    | 30-40 minutes                                     | 40 minutes                                       | Rest                  |
| Week 6                                      | 30 minutes                                     | 30-40 minutes                                      | 35 minutes<br>*Pick Ups                                       | Rest                    | 30-40 minutes                                     | 40 minutes                                       | Rest                  |
| Week 7                                      | 35 minutes                                     | 30-40 minutes                                      | 40 minutes<br>*Pick Ups                                       | Rest                    | 30-40 minutes                                     | 45 minutes                                       | Rest                  |
| Week 8                                      | 40 minutes                                     | 30-40 minutes                                      | 40 minutes<br>*Pick Ups                                       | Rest                    | 30-40 minutes                                     | 45 minutes                                       | Rest                  |
| Week 9                                      | 40 minutes                                     | 30-40 minutes                                      | 35 minutes<br>*Pick Ups                                       | Rest                    | 30-40 minutes                                     | 40 minutes                                       | Rest                  |
| Week 10                                     | 35 minutes                                     | Rest                                               | 30 minutes<br>*Pick Ups                                       | Rest                    | 30 minutes                                        | <b>5K Run</b>                                    | 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<br>Mode<br>Intensity<br>i-Rate<br>Scale | Monday<br>Run<br>Moderate<br>7 | Tuesday<br>Cross-Train or<br>Rest<br>Moderate<br>7 | Wednesday<br>Run<br>Hard<br>8     | Thursday<br>Cross-Train or<br>Rest<br>Moderate 7 | Friday<br>Run<br>Conversational<br>Pace<br>6-7 | Saturday<br>Run<br>Conversational<br>Pace<br>6-7 | Sunday<br>Rest<br>Day |
|---------------------------------------------|--------------------------------|----------------------------------------------------|-----------------------------------|--------------------------------------------------|------------------------------------------------|--------------------------------------------------|-----------------------|
| Week 1                                      | 40 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Pick Ups           | 30-45 minutes                                    | 40 minutes                                     | 45 minutes                                       | Rest                  |
| Week 2                                      | 40 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Pick Ups           | 30-45 minutes                                    | 40 minutes                                     | 45 minutes                                       | Rest                  |
| Week 3                                      | 40 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Pick Ups           | 30-45 minutes                                    | 40 minutes                                     | 50 minutes                                       | Rest                  |
| Week 4                                      | 45 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Speed A<br>Workout | 30-45 minutes                                    | 40 minutes                                     | 50 minutes                                       | Rest                  |
| Week 5                                      | 45 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Speed A<br>Workout | 30-45 minutes                                    | 40 minutes                                     | 45 minutes                                       | Rest                  |
| Week 6                                      | 45 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Speed B<br>Workout | 30-45 minutes                                    | 40 minutes                                     | 60 minutes                                       | Rest                  |
| Week 7                                      | 45 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Speed B<br>Workout | 30-45 minutes                                    | 40 minutes                                     | 50 minutes                                       | Rest                  |
| Week 8                                      | 45 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Speed C<br>Workout | 30-45 minutes                                    | 40 minutes                                     | 60 minutes                                       | Rest                  |
| Week 9                                      | 45 minutes                     | 30-45 minutes                                      | 45 minutes<br>*Speed C<br>Workout | 30-45 minutes                                    | 40 minutes                                     | 45 minutes                                       | Rest                  |
| Week 10                                     | 40 minutes                     | Rest                                               | 40 minutes<br>*Speed D<br>Workout | Rest                                             | 30 minutes                                     | <b>5K Run</b>                                    | 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!**

