

The 5K "Advanced Run" Training Program is best suited for those who have been running at least 4-5 times per week for 5-7 miles for at least six months.

DAY MODE INTENSITY i-RATE SCALE HEART RATE	Monday Run Hills Easy Pace 7 - 7.5 70-75%	Tuesday Cross-Train +ST Moderate 7-8 75-80%	Wednesday Run Challenging 8-9+ 85-95%	Thursday Cross-Train +ST Moderate 7-8 75-80%	Friday Run Easy Pace 7 - 7.5 70-75%	Saturday Run Conversational Pace 6.5 - 7.5 65-75%	Sunday Rest Day
WEEK 1 April 01, 2012	40 minutes	30-45 minutes Strength Train	45 minutes <i>*Pick-ups</i>	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 2 April 08, 2012	40 minutes	30-45 minutes Strength Train	45 minutes <i>*Pick-ups</i>	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 3 April 15, 2012	40 minutes	30-45 minutes Strength Train	45 minutes <i>*Pick-ups</i>	30-45 minutes Strength Train	40 minutes	60 minutes	Rest
WEEK 4 April 22, 2012	45 minutes	30-45 minutes Strength Train	<i>*Speed A Workout</i> <i>5 Repeats</i>	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 5 April 29, 2012	45 minutes	30-45 minutes Strength Train	<i>*Speed A Workout</i> <i>6 Repeats</i>	30-45 minutes Strength Train	40 minutes	60 minutes	Rest
WEEK 6 May 06, 2012	45 minutes	30-45 minutes Strength Train	<i>*Speed B Workout</i> <i>4 Repeats</i>	30-45 minutes Strength Train	40 minutes	70 minutes	Rest
WEEK 7 May 13, 2012	45 minutes	30-45 minutes Strength Train	<i>*Speed B Workout</i> <i>5 Repeats</i>	30-45 minutes Strength Train	40 minutes	50 minutes	Rest
WEEK 8 May 20, 2012	45 minutes	30-45 minutes Strength Train	<i>*Speed C Workout</i> <i>4 Repeats</i>	30-45 minutes Strength Train	40 minutes	75 minutes	Rest
WEEK 9 May 27, 2012	45 minutes	30-45 minutes Strength Train	<i>*Speed C Workout</i> <i>5 Repeats</i>	30-45 minutes Strength Train	40 minutes	45 minutes	Rest
WEEK 10 June 03, 2012	40 minutes	Rest	<i>30 minutes</i> <i>Pickups</i>	Rest	20 minutes	Hospital Hill Run UMKC School of Medicine 5K	Rest

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A way to rate your effort level by your perception or 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)

Heart Rate: If you have a heart rate monitor, maintain a range between the prescribed percentages...i.e.65-75% of estimated maximum heart rate.

***Speed "A" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5-6 times: Run 2 minutes hard at 90-95% heart rate or 9 on I-Rate Scale followed by running 4 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 "B" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 4-5 times: Run 3 minutes hard at 90-95% heart rate or 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 three-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 4-5 times: Run 5 minutes comfortably hard pace at 85-90% heart rate or 8.5-9 on the 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 ten-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

***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. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum. Your effort level should be at an i-Rate scale of 8 or heart rate of 80% of maximum.

Hill Training: There are a variety of ways to prepare for the hills on race day. Running a random hill course on the treadmill, hill repeats on one longish hill that takes you at least 30 seconds to climb, running a hilly route in your neighborhood, or even parking lot ramps (be careful). If you are new to hills, start with one hill workout per week on Mondays (or an easy run day) and 4 weeks later add a second hill workout. If you run hills frequently, run your easy run on Mondays and the long run on the weekend on a hilly course. Watch the video How to Make Friends with Hills - to learn how to train and race a hilly course - it's not as hard as you may think!

Cross-Training: Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Cross-training activities should be done at a moderate pace at an i-Rate Scale of 6-7 or heart rate of 60-70%.

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