



**HOSPITAL HILL RUN
UMKC SCHOOL OF MEDICINE 5K
ADVANCED RUN TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Hills and Speed)	<u>Thursday</u> (Easy Run)	<u>Friday</u> (Cross Train)	<u>Saturday</u> (Easy Long Run)	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	40 - 45 Minutes	10 x 200	3 Miles	40 - 45 Minutes	4 Miles	Rest	April 17, 2011
2	4 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	40 - 45 Minutes	4 Miles	Rest	April 24, 2011
3	4 Miles	40 - 45 Minutes	3 x 800 1 x 1600	3 Miles	40 - 45 Minutes	5 Miles	Rest	May 1, 2011
4	4 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	40 - 45 Minutes	4 Miles	Rest	May 8, 2011
5	5 Miles	40 - 45 Minutes	4 x 800 1 x 1600	3 Miles	40 - 45 Minutes	4 Miles	Rest	May 15, 2011
6	4 Miles	40 - 45 Minutes	4 Miles	3 Miles	40 - 45 Minutes	6 Miles	Rest	May 22, 2011

(Hills)

7	3 Miles	40 - 45 Minutes	6 x 800	3 Miles	40 - 45 Minutes	4 Miles	Rest	May 29, 2011
8	3 Miles	30 Minutes	2 Miles at Race Pace	Rest	Rest	3.1 Miles RACE DAY!	Rest	June 5, 2011