

It's likely that most of you have either read, or stumbled across all the various fitness acronyms, we're adding a new one to your running vocabulary.

New concept: **TTF+5**

TTF+5(total time on your feet plus 5 minutes) For example, let say that you want to run the 4.37-mile race at a 9:00 per mile pace. Your TTF value would be 39:18 + 5 minutes=44:18. During one, preferably two, of your upcoming weekends long runs your target would calculate to 44:18 total time at a 10-10:30 pace.

TTF-5 for the 12K. 9:45 target pace example for the 12K. Goal finish time, 1 Hour 12 minutes, 45 seconds. TTF+5 would extend your long run to 1 hour 17 minutes and 45 seconds, again at a pace closer to 11 minutes.

Running longer, but at a much slower pace, one that you could comfortably hold a conversation with someone next to you. Walking breaks are also acceptable on these runs, the goal is to get your body accustomed to long durations and using fat stores for fuel. Use the race pace calculator below for your own personal goal times.

Thursday: 2-3 miles at an easy pace, heart rate targets 110-135. If you have any soreness from last night's workout, you may want to take a rest day today to recover. Cross train on a bicycle, or light weights and stretching.

Friday: 2-3 miles at an easy pace, with a one to two-minute walk recovery between each mile.

Pick a rest day either Saturday or Sunday, with **two** sessions of flexibility stretching each day. 20-30 Stair or picnic push-ups with 20-30 deep knee squats throughout the weekend. Run 2-3 miles with a 1-minute stride out, high knees, high arms during each mile. Your pace should pick up roughly 10-15 seconds faster during these stride outs. These **should not** be all out sprints, rather focusing on your form and picking up the pace a bit. Another option, find a street with a slight incline and try to maintain your same pace on the incline. **Saturday morning, I do plan to run at 11:00 from the Clubhouse at 305 S Linden if anyone wants to join in.** I can run any pace or distance based on your fitness level.

Consider running the [St.Pats 5K](#) on Sunday at 1:00 PM. Flat course, fun event. Be cautious, not to go out too fast. Historically, the last section of the 5K course is typically windy and will provide an extra challenge for you. Focus on even, or negative splits on your race and best of luck to you. Weather forecast late Sunday into Monday, is turning cold and perhaps snow. Yikes!

Monday: 2-4 miles at an easy pace. 12K racers should bump up to 4.5 miles.

Tuesday: Take a rest day, or a day of cross training. Light weights, flexibility stretching, stair pushups and deep knee squats.

Wednesday: Our HIIT session for this week will take it up a notch. We'll do two ½ mile repeats and two ¼ mile repeats. Continue our uphill strides with high knees, following up with picnic push-ups and deep knee squats, first repeats will start with 10, progressing an additional 5 during each repeat. Target heart rates 75-80 % of your max, with a walk, or jog during each of the repeats. Want to stress, that you can adjust based on your own fitness situation. Options, such as 2-3 1/4-mile repeats are acceptable and encouraged.

Stretching Resources:

Dynamic Stretches

<https://www.runnersworld.com/training/g20862002/dynamic-warmup-stretches/>

Hip Flexor Stretches

<https://www.drmareshbagwe.com/blog/16-vital-hip-flexor-stretches-for-your-body/?bp=41181>

[Daily Nutrient Calculator](#)

<https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>

[Race Pace Calculator](#)

<https://www.calculator.net/pace-calculator.html>

St.Pats Race Registration

<https://runsignup.com/Race/IL/Bloomington/LRCStPatricksDayRun>

