

**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.

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

**Weekend:** 12K Runners should plan to run 5-6 miles, focusing on even mile splits, or negative splits. Negative splits targets ideally, would be 5-10 seconds faster for the last mile. 4.37-mile runners should plan for a 3.5 to 4 mile run over the weekend with the same negative split goal with your Lake Run target pace.

**Monday:** 2-4 miles at an easy pace.

**Tuesday:** Take a rest day as were going to bump the Wednesday workout intensity up a notch.

**Wednesday:** Plan to meet at Kingsley Jr. High parking lot off College Ave at 5:30 PM. We'll do a 1-mile warm up lap around the running track, followed by a ladder workout. We'll start with 2 x 200 meters, near your race pace. 2 x 400, 2 x 600, 2 x 400, 2 x 200. Followed by a 1 mile cool down. We'll do 100-meter cool downs on the 200's. 200-meter cool downs on the 400's and 600's. Suggest bringing a water bottle with you for this workout and plan on taking water periodically throughout the afternoon workout.