



Louisville Sports Commission
Urban Bourbon Half Marathon & 5K
Oct. 17, 2026

Training Program

Sponsored by



Sports Medicine
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Louisville, KY 40216
502-588-4814
Monday-Friday: 5-9 p.m.

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Urban Bourbon Half Marathon

On October 17, 2026, the Urban Bourbon Half Marathon & 5K will once again bring thousands of runners and walkers together for one of Louisville's most unique race experiences. Celebrating more than 200 years of Kentucky's rich bourbon heritage, the Urban Bourbon Half Marathon & 5k combines an unforgettable course, local hospitality and a one-of-a-kind finish-line celebration. Please note that the Urban Bourbon Half Marathon and 5K is open only to participants who are 21 years of age or older on race day.

Whether you're training for your first half marathon or 5K, or aiming for a new personal best, your decision to participate in our 16th annual event is something to celebrate. Every mile you complete brings you one step closer to crossing the finish line on race day.

As you prepare, you'll have the support of fellow participants and the expertise of our official training partners, UofL Health – Sports Medicine, UofL Health – Frazier Rehab Sports and Swags Sport Shoes. Their proven training program is designed to help you build strength, improve endurance and arrive at the starting line feeling confident and prepared. Follow the plan, trust the process and enjoy the journey – we're confident you'll be ready to thrive on race day.

The Louisville Sports Commission is a Kentucky-based 501(c)(3) nonprofit organization dedicated to creating a legacy of economic and social vitality through sports. Through events like the Urban Bourbon Half Marathon and 5K, we encourage active lifestyles while showcasing Louisville as one of the nation's premier sports destinations.

We've also partnered with outstanding local organizations to make your race-day experience unforgettable. Along the course, stay fueled with Louisville Pure Tap® from Louisville Water Company. If immediate care is needed, the team from UofL Health – Emergency Medicine/ Event Medicine will be stationed to provide medical assistance. After the race, celebrate your accomplishment at the Urban Bourbon Bash, featuring Kentucky bourbon, Bearno's Pizza, local craft beer, soup and a three-hour concert by the Louisville Crashers. Be sure to visit urbanbourbonhalf.com for the latest race information and event updates.

Thank you for choosing to take on the Urban Bourbon Half Marathon and 5K. We raise a glass to your commitment and dedication, and we look forward to celebrating with you at the finish line.

Cheers!



Greg Fante
President & CEO
Louisville Sports Commission

Urban Bourbon Half Marathon Training Program

The 2026 Urban Bourbon Half Marathon is just around the corner!

We are so pleased that you have chosen to participate in our UofL Health training program, which is presented by the teams at UofL Health – Sports Medicine, UofL Health – Frazier Rehab Sports and Swags Sports Shoes. On race day, medical care will be provided by the UofL Health – Emergency Medicine/Event Medicine team.

Our sports medicine and rehab programs offer a comprehensive range of services including education, prevention, treatment, rehabilitation and wellness from specially trained and certified staff, ensuring the highest quality of care possible. Licensed athletic trainers, physical therapists, physicians and other healthcare professionals in the area of sports medicine work together to provide elite athletes and “weekend warriors” alike, a holistic approach to care, no matter the level of competition.

Our goal is to keep athletes of all stages in life in peak physical and mental condition through a proactive approach to health and fitness.

Thank you for participating in this training program. It is our privilege to be your partner as you begin preparing for this year’s event.





Training Tips

1. Get a thorough medical exam prior to beginning any running program.
2. Seek medical attention with injuries. Don't let little aches and pains turn into bigger problems by not seeking timely medical advice.
3. Go slow! The biggest mistake runners make is going too fast. The best way to judge your pace is by using the "talk test." Run at a comfortable pace that allows you to talk with a training partner.
4. Observe the "rules of the road." Watch out for cars; don't expect drivers to look out for you. It is best to run facing traffic so that you can see approaching cars in case action on your part is necessary.
5. Dress properly. Use common sense. If it's dark, wear white or reflective clothing. If it's cold, wear layers of clothing, gloves and a wool ski cap to retain heat. On hot sunny days, use sun block, sunglasses, a sun protective hat and light-colored clothing.
6. Wear running shoes, but don't continue to wear worn-out shoes. Purchase your shoes at a specialty store where staff is knowledgeable. As simple as it sounds, running shoes should only be used for running. It is usually time to replace shoes after 400-500 miles (so maintain your mileage log).

Is it Safe for You to Start a Running Program?

For most people, running is a great way to either get in shape or stay in shape. It helps control weight and provides immense cardiovascular benefits. The majority of people can feel comfortable about initiating an exercise program without risk, but there are certain people who should consult with a physician prior to initiating a program.

Please review the questions below to see if it is advisable for you to consult with a physician. These are adapted from the Physical Activity Readiness Questionnaire (PAR-Q).

- Has a doctor ever diagnosed you with a heart condition, high blood pressure or restricted your activity in any way? ☐ YES ☐ NO
- Do you take any medications for a heart condition or high blood pressure? ☐ YES ☐ NO
- Do you experience chest pain with or without activity? ☐ YES ☐ NO
- Do you experience dizziness that causes you to lose balance? ☐ YES ☐ NO
- Have you ever passed out or lost consciousness? ☐ YES ☐ NO
- Have you been diagnosed with diabetes of any kind or a chronic kidney disease? ☐ YES ☐ NO
- Do you have any bone or joint problems that are worsened by activity? ☐ YES ☐ NO
- Are you 70 years of age or older and starting a new exercise program? ☐ YES ☐ NO
- Do you know of any reason you should not participate in physical activity or have ANY concerns about your health? ☐ YES ☐ NO

If you answered **YES** to any of the above questions, it is recommended that you consult with your primary care physician prior to initiating an exercise program. If you don't have a primary care physician, **please contact our UofL Health Primary Care Hotline at 502-588-4343 or go online at UofLHealth.org.**

Fueling Up for the Races

Eat regular, well-balanced meals.

If you don't eat breakfast on a regular basis, or come close to three meals a day, now is the time to start. Regular, well-balanced meals are important for strength and stamina! High fiber cereals, bagels with peanut butter, whole grain toast, hot cereals with dried fruits and nuts, and fresh fruits or juices are some good choices.

Choose complex carbohydrates more often, instead of those that are refined.

Whole grain breads, cereals and pastas are good examples, as well as fruits and vegetables.

Strive to eat a minimum of five fruits and vegetables a day.

Fruits and vegetables are loaded with important vitamins and minerals. And although vitamins and minerals don't supply you with energy, they help you use foods more efficiently for fuel. And, fruits and vegetables are packed with powerful phytochemicals that keep your immune system strong and protect you from illness. Choose fresh or frozen most often. And, when buying canned fruits, avoid those with heavy or light syrups, instead pick those packed in water or in their own juice. If buying canned vegetables, choose low-sodium varieties to avoid excess salt, which can cause fluid retention.

Cut back on heavy foods, such as fatty meats and full-fat dairy products.

Instead, choose lean meats such as round or loin cuts of beef, loin cuts of pork, water-packed tuna, egg whites, skinless chicken or turkey. And, remember to bake, broil, roast or grill, instead of pan frying. Or, better yet, try a few meatless meals a week using other proteins like soy, nuts or nut butters, or dry beans – they not only give you high quality protein, but they also offer you other health benefits. Choose non-fat or low-fat dairy foods.

Stay adequately hydrated.

Remember to drink plenty of fluids every day – regardless of your workout plans. By the time you recognize thirst you are already dehydrated. Plan to drink eight to ten glasses a day on a regular basis. Rely on water as your primary source for fluid unless exercising strenuously, or for extended periods of time, such as 90 minutes or more. Remember jogging one mile burns off approximately 100 calories, and some sports drinks are loaded with calories. Be careful and read those labels.

Get plenty of rest.

Rest helps your muscles recuperate and rejuvenate. You will enjoy workouts more and experience less fatigue with proper rest. Strive for at least eight hours of sleep a day.

Use supplements wisely.

When workouts/distances increase to 90 minutes or longer, sports drinks or supplemental bars/gels may be useful in improving endurance. Endurance athletes should take in 30-60 grams of carbohydrates (120-240 calories) every hour. This amount can be obtained from either carbohydrate-rich foods (fruits, grains, liquid meals and sports bars or gels) or electrolyte drinks. Try supplements of any kind while training to avoid unwanted gastrointestinal problems on race day!

Timing is everything.

Avoid eating too close to workouts as stomach cramps or discomfort may result. Give yourself at least an hour after eating before exercising, and even longer after big meals.

Race day.

Make plans to consume a carbohydrate-rich meal one to four hours before the race (300-400 calories one hour before or 700-800 calories four hours before). Carbohydrate foods are rapidly digested to provide a readily available source of energy. Some good examples include bread products (adding jams or jellies increase carbohydrate content), cereals, fruits, non-fat or low fat yogurt, sports bars, liquid meals, fruit juices and 1% fat milk or soy milk. Limit high-fiber foods the day of race, such as bran, as they may lead to cramping.



The Power of Recovery – The R4 System

The ability to perform optimally day after day is limited by your body's ability to recover from the stress of training. Many factors affect the rate and quality of recovery, including sleep and alcohol consumption, but nutrient timing and nutrient density are unquestionably the most important. To optimize recovery from training and competition follow the R4 System outlined below.

- RE**hydrate — Electrolytes and water
- RE**plenish — Muscle and liver glycogen
- RE**pair — Muscle tissue
- RE**duce — Oxidative stress

REHYDRATE

Drink, drink, drink!

- Dehydration is the number one cause of fatigue and sub-par performance.
- Drink half your bodyweight in ounces of water each day, excluding consumption during exercise.
- Drink four to eight ounces of Louisville Pure Tap® or electrolyte water every 15-20 minutes during exercise.
- Begin replacing lost fluids immediately post-exercise.
- Drink two cups (16 ounces) of fluid for every pound of bodyweight lost during your workout as soon as possible.
- Drink Louisville Pure Tap and electrolyte water to rehydrate.
- Drink adequately to maintain abundant urine output that is clear in color.
- Avoid alcohol and caffeine, especially during the first two hours after exercise.
- Remember: If you're thirsty, you're dehydrated!

REPLENISH

Carb-up with high quality carbohydrates.

- Muscle and liver glycogen are the body's primary source of fuel during exercise, and may become a limiting factor during extended workouts.
- Muscle glycogen is made in the body from the carbohydrates you eat.
- Consuming fast-absorbing carbs during long workouts (bars and gels delay depletion; after an intense workout glycogen stores may be significantly depleted).
- Begin replenishing glycogen stores immediately after exercise – the first two hours is the most important time in the recovery process.
- Carbohydrates eaten during this two-hour "window" will expedite glycogen repletion and recovery.
- A fast-absorbing carbohydrate-rich supplement or snack that includes some protein should be consumed within the first 15-20 minutes after exercise, followed by a slow-absorbing carbohydrate-rich meal with lean protein and healthy fats within two hours.



REPAIR

Pack protein in every meal and snack.

- Protein plays a key role in recovery accelerating glycogen repletion, and repairing and rebuilding muscle tissue.
- Protein should be ingested along with carbohydrate in the first 15-20 minutes after exercise to stimulate repair and prevent further muscle breakdown (caused by the stress hormone cortisol).
- The Optimum Recovery Ratio for an endurance athlete is 4:1 (four grams of carbohydrate to one gram of protein), so look for products with this formulation (i.e., Endurox).
- Whey protein is the premier protein for recovery and enhanced immune system function. You can simply add a scoop of whey to electrolyte water for a solid recovery drink, or use low-fat chocolate milk.
- Keep in mind, too much protein (fat has a similar effect) taken in the first two hours after exercise slows gastric emptying thereby slowing rehydration and glycogen replenishment.

REDUCE

Eat your fruits and veggies; add some nuts, seeds, olives and fish.

- Exercise is stress, especially high volumes of long distance running.
- This stress is primarily caused by unstable molecules produced during oxygen metabolism, which results in inflammation, soreness, muscle trauma and delayed recovery.
- Reducing/minimizing oxidative stress is possible by ingesting antioxidants and healthy fats at the right times.
- Antioxidants nutrients include vitamins C and E and phytonutrients found in specific fruits and vegetables.
- Consuming antioxidant-rich foods and drinks post-exercise has been shown to minimize oxidative stress, thereby accelerating recovery.
- Eating fruits and vegetables in the post-exercise meal should be a top priority, as well as taking a multi-vitamin rich in the antioxidant nutrients.
- New research suggests drinking specific antioxidant-rich drinks before exercise may protect cell structure during exercise, reducing cell damage and inflammation.
- This new concept in nutritional intervention known as PRECOVERY merits consideration. Intense exercise can compromise the immune system making you more susceptible to colds and infection. In addition to antioxidants, ensure that you are getting protein and healthy fat in your diet. Healthy fat is found in fish, nuts, seeds, olives, extra virgin olive oil, avocados and flax seed oil.

Health and Performance Checklist

1. Do you eat breakfast seven days a week? ☐ YES ☐ NO
2. Do you eat foods from three different food groups at breakfast
(ie: fruit, whole grain and protein)?..... ☐ YES ☐ NO
3. Do you eat two to three balanced meals at approximately the same time each day? ☐ YES ☐ NO
4. Do you eat a nutritious mid-morning and mid-afternoon snack
that includes at least one serving of protein?..... ☐ YES ☐ NO
5. Do you eat at least two pieces of fresh fruit each day? ☐ YES ☐ NO
6. Do you eat at least three servings of fresh vegetables each day
(one serving equals the size of your fist)?..... ☐ YES ☐ NO
7. Do you only choose high fiber breads and cereals? ☐ YES ☐ NO
8. Do you eat lean and/or low-fat protein at each meal
(i.e., skim milk versus two percent milk)?..... ☐ YES ☐ NO
9. Do you limit your intake of saturated fat, typically found in
meats, cheeses, dairy products, butter, egg yolks?..... ☐ YES ☐ NO
10. Do you eat at least two servings of "good fat" each day,
typically found in nuts, seeds, extra virgin olive oil, olives, avocados and fish? ☐ YES ☐ NO
11. Do you limit your intake of processed and refined foods, typically foods
made from white flour, foods high in sugar and sodium, packaged foods? ☐ YES ☐ NO
12. Do you eat and drink adequately to maintain your bodyweight?
(This should be your goal unless you are on a fat loss or weight gain program.)..... ☐ YES ☐ NO
13. Do you eat a post-workout/post-practice snack within 30 minutes? ☐ YES ☐ NO
14. Do you eat a post-workout/post-practice meal within two hours?..... ☐ YES ☐ NO
15. Do you drink half your bodyweight in ounces of water each day
(not including fluid intake during exercise)?..... ☐ YES ☐ NO
16. Do you sleep at least seven to eight hours each night?..... ☐ YES ☐ NO
17. Do you go to bed at approximately the same time each night and get up at
approximately the same time each morning (within 30 minutes of the same time)? ☐ YES ☐ NO
18. Do you take a multivitamin rich in the antioxidant nutrients
(vitamins A, C, E, phytonutrients) each day?..... ☐ YES ☐ NO
19. Do you take 1,000 mg. of fish oil each day?..... ☐ YES ☐ NO
20. Do you limit or avoid alcohol? ☐ YES ☐ NO

Total YES Score: _____ /20

Totals _____

16-20: Performing like a champ! | **11-15:** Losing an edge! | **<10:** Missing out big time!

Preventing Injuries

Preventing injuries during exercise can be accomplished by slowly increasing your workout time. Exercising properly may be the difference in finishing the race and having to visit a physician. It is most important for anyone beginning a workout program to receive medical clearance from his or her physician.

After receiving medical clearance, the next step is to make sure the appropriate equipment is obtained. In running, that means the right shoes. A runner should have their feet and running patterns evaluated by a local running store. Depending on the individual's foot mechanics, the appropriate running shoe will provide proper support to the feet, helping to prevent injuries. Once these initial steps have been completed, let the running begin.

At the beginning of any exercise program, an individual should gradually increase the time and intensity of his or her workout, while endurance and aerobic capacity increase. Start with a warm-up of approximately five minutes, walking and slowly increasing the pace until the muscles are loose. Ideally, after the warm-up, a few minutes of stretching should take place to increase muscle flexibility and decrease the risk of injuries.

Once the run is completed, be sure to take advantage of cooling down your body. This cool down will slowly decrease the heart rate and blood flow to your working muscles. After your cool down, it is appropriate to finish with stretching, allowing the lactic acid to decrease in the muscles and help reduce the risk of injury. The greater the flexibility of a muscle, the less likely an injury will occur.

Injury prevention procedures:

- Obtain medical clearance before beginning an exercise program.
- Have the correct equipment for the exercise.
- Maintain proper warm-up and stretching routines.
- Enjoy appropriate workouts.
- Maintain proper cool down and stretching routines.

Last but not least, pay attention to what your body may be telling you. General muscle soreness after a workout is normal. Anything other than general soreness, the body is indicating other problems. Swelling and tenderness over a specific area may indicate you have an injury in need of medical attention. It is important to pay attention to any early warning signs, so it doesn't develop into a more serious injury.

Preventing Injuries | Ice or Heat?

Should you ice or heat an injury?

Ice bags and heating pads are among the most commonly used treatments in running related injuries. So which is the right one to use for your injury, ice or heat? And how long should the ice or heat treatments last? Read on for information about treatment of injuries with ice packs and heating pads.

Heat Treatments

Heat treatments should be used for chronic conditions to help relax and loosen tissues, and to stimulate blood flow to the area. Use heat treatments for chronic conditions, such as overuse injuries, before participating in activities.

Do not use heat treatments after activity, and do not use heat after an acute injury. Heating tissues can be accomplished using a heating pad, or even a hot, wet towel. When using heat treatments, be very careful to use a moderate heat for a limited time to avoid burns. Never leave heating pads or towels on for extended periods of time, or while sleeping.

Ice Treatments

Ice treatment is most commonly used for acute injuries. If you have a recent injury (within the last 48 hours) where swelling is a problem, you should be using ice treatment. Ice bags can help minimize swelling around the injury.

Ice bags should be used after injuries, such as when you suffer an ankle sprain. Applying an ice bag early and often for the first 48 hours will help minimize swelling. Decreasing swelling around an injury will help to control the pain.

Ice treatments may also be used for chronic conditions, such as overuse injuries in runners (shin splints, etc.) In this case, ice the injured area after activity to help control inflammation. Never ice a chronic injury before activity.

Preventing Injuries | Ice or Heat?

How to ice an injury - Time Required: 15 minutes

1. Get the ice on quickly.

Icing is most effective in the immediate period following an injury. The effect of icing diminishes significantly after about 48 hours.

2. Perform an “ice massage.”

Apply ice directly to the injury. Move the ice frequently, not allowing it to sit in one spot.

3. Don't forget to elevate.

Keep the injured body part elevated above the heart while icing—this will further help reduce swelling.

4. Watch the clock.

Ice for 15-20 minutes, but never longer. You can cause further damage to the tissues, including frostbite, by icing for too long.

5. Allow time between treatments.

Allow the area to warm for at least 45 minutes to an hour before beginning the icing routine again.

6. Repeat as desired.

Ice as frequently as you wish, so long as the area is warm to touch and has normal sensation before repeating.

Additional Ice Tips:

• Ice Option 1: Traditional

Use a Ziploc bag with ice cubes or crushed ice. Add a little water to the ice bag so it will conform to your body.

• Ice Option 2: Best

Keep paper cups filled with water in your freezer. Peel the top of the cup away and massage the ice-cup over the injury in a circular pattern allowing the ice to melt away.

• Ice Option 3: Creative

Use a bag of frozen peas or corn from the frozen goods section. This option provides a reusable treatment method that is also edible.

Note: Do not let the ice just sit on the skin as this can cause frostbite.

Stretching

1. **Quadriceps Stretch:** The quadriceps are the muscles in the front of the thigh, important for lifting your knees and increasing your speed. It is the “quads” that often go at the end of marathons, causing runners to come shuffling across the finish line because they have a hard time lifting their feet off the ground. To do this exercise while standing, simply grab hold of a stationary object for balance with one hand and use the opposite hand to grasp the leg around the ankle, lifting it toward your buttocks. Keep your back straight and do not allow the knee to drift forward ahead of the stance leg. Hold each stretch for 10 seconds and repeat as many as 10 times for each leg.



2. **Hamstring Stretch:** Most runners do this exercise by putting their foot on a waist-high stationary object (or a hurdle if at the track) and slowly leaning forward, reaching down the shin until they feel a stretch in the hamstring. The hamstring is the muscle that runs from just below the knee up into the buttocks. It's the muscle that lifts the lower leg and bends the knee after the quads have lifted your knees. Sprinters pull this muscle more than distance runners, but even straining your hamstring can limit your ability to run fast. The best way to do this exercise, however, is not with your foot on a stool, but rather while lying on your back. Lie on your back, keeping the back flat and your eyes focused upward. Grasp the back of one thigh with both your hands and (leg bent) pull that thigh into a 90-degree position versus the floor. Then slowly straighten your knee. After you've gotten used to doing this exercise, you can achieve a better stretch by pulling your thigh closer to your chest—but don't overdo it!



3. **Piriformis Stretch:** The piriformis muscle is responsible for lateral rotation of the hip. It is particularly important to athletes who have to change direction, such as tennis players and running backs in football. Even though runners run straight ahead, keeping the piriformis muscle loose is important for overall flexibility. Lying on your back, cross your legs just as you might while sitting in a chair. Grasping the “under” leg with both hands, pull the knee toward your chest until you feel the stretch in your buttocks and hips.



4. **Gastroc Stretch:** This push-off exercise is the one you most often see runners doing before races. Typically, they lean against a wall to stretch the calf muscles; however, they don't always do it right. The gastroc muscle, along with the soleus, is located in the back of the calf. It is the calf muscle that actually propels your leg across your grounded foot while running. Lean against a wall or other stationary object, both palms against the object. The leg you want to stretch is back, several feet from the wall, your heel firmly positioned on the floor. Your other leg is flexed about halfway between your back leg and the wall. Start with your back straight and gradually lunge forward until you feel the stretch in your calf. It is important to keep your back foot straight and angled 90 degrees from the wall.



5. **Soleus Stretch:** This is the stretch that most runners forget. The soleus is the other major muscle in the calf, located in front of the gastroc. It is important for planting the foot on the ground before your push off. Position yourself similar to the gastroc stretch with back straight and palms against the wall. The difference is that you start in a “seated” position with your legs bent, your buttocks dropped. Gently lean into the wall until you feel the stretch in your lower calf.



Heart Rate Training Zones

Heart rate training zones are calculated by taking into consideration your Maximum Heart Rate (MHR) and your Resting Heart Rate (RHR). Within each training zone, subtle physiological effects take place to enhance your fitness.

The Energy Efficient or Recovery Zone – 60 to 70 percent

Training within this zone develops basic endurance and aerobic capacity. All easy recovery running should be completed at a maximum of 70 percent. Another advantage to running in this zone is that while you are happily fat burning you may lose weight. And you will allow your muscles to re-energize with glycogen, which has been expended during those faster paced workouts.

The Aerobic Zone – 70 to 80 percent

Training in this zone will develop your cardiovascular system. The body's ability to transport oxygen to, and carbon dioxide away from, the working muscles can be developed and improved. As you become fitter and stronger from training in this zone, it will be possible to run some of your long weekend runs at up to 75 percent, so getting the benefits of some fat burning and improved aerobic capacity.

The Anaerobic Zone – 80 to 90 percent

Training in this zone will develop your lactic acid system. In this zone, your individual anaerobic threshold (AT) is found – sometimes referred to the point of deflection (POD). During these heart rates, the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by-products of burning this glycogen is lactic acid. There is a point at which the body can no longer remove the lactic acid from the working muscles quickly enough. This is your AT. Through correct training, it is possible to delay the AT by increasing your ability to deal with the lactic acid for a longer period of time or by pushing the AT higher.

The Red Line Zone – 90 to 100 percent

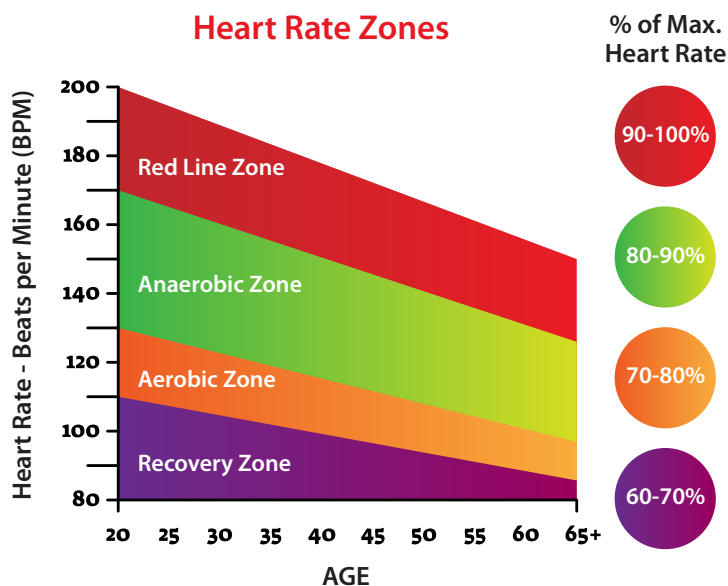
Training in this zone will only be possible for short periods. It effectively trains your fast twitch muscle fibers and helps to develop speed. This zone is reserved for interval running and only the very fit are able to train effectively within this zone.

Resting Heart Rate

To determine your resting heart rate (RHR) is very easy. Find somewhere nice and quiet, lie down and relax. Position a watch or clock where you can clearly see it while lying down. After 20 minutes, determine your resting pulse rate (beats/min). Use this value as your RHR.

If you have a heart rate monitor, put it on before you lie down. After the 20 minutes check the recordings and identify the lowest value achieved. Use this value as your RHR.

The heart is a muscle so with regular exercise it will become larger and more efficient as a pump. As a result, you will find your RHR gets lower so you will want to check your RHR on a regular basis (e.g. monthly).



Calculation of a Zone Value

The calculation of a zone value, X%, is performed in the following way:

- Subtract your RHR from your MHR, which gives your working heart rate (WHR)
- Calculate the required X% on the WHR, which gives "Z"
- Add "Z" and your RHR together to give the final value

Example: The athlete's MHR is 180 and his/her RHR is 60, determine the 70% value.

- $MHR - RHR = 180 - 60 = 120$
- $70\% \text{ of } 120 = 84$
- $84 + RHR = 84 + 60 = 144$

Heart Rate Variations for a Given Intensity

A reduction in heart rate for a given intensity is usually due to an improvement in fitness but a number of other factors might explain why heart rates can vary for a given intensity:

- Dehydration can increase the heart rate by up to 7.5%
- Heat and humidity can increase the heart rate by 10 beats/minute
- Altitude can increase the heart rate by 10 to 20%, even when acclimated
- Biological variation can mean the heart rate varies from day to day by two to four beats per minute

Injury Care

Don't let an injury keep you out of the game. With UofL Health – Sports Medicine and UofL Health – Frazier Rehab Sports, you have direct access to the region's leading sports medicine and high-performance network. Our sports medicine physicians, orthopedic surgeons, physical therapists and certified athletic trainers work to help runners stay healthy, prevent injuries and recover safely when injuries occur. With convenient locations throughout the area for emergency care, urgent care, sports medicine urgent care, diagnostics and sports rehabilitation, our goal is to get you safely back to optimal fitness and ready to compete.

For More Information

Unsure where to start? Contact UofL Health – Sports Medicine at SMI@UofLHealth.org or call 502-637-9313 to talk to a member of the UofL Health – Frazier Rehab Sports team. For all UofL Health services, visit our website at UofLHealth.org.



game- changing experts

Get back in the game of life faster.

The UofL Health Orthopedic team are the go-to experts for advanced, tailored treatment plans with less recovery time. In fact, we lead the state in robotic surgical procedures that can minimize pain and improve quality of life in record time. We are renowned for high-level care and customized surgeries that treat everything from shoulders to toes, including spines. And as the official health care provider for UofL Athletics, we provide that same VIP care to every patient. With access to specialists all in one place, it's a win-win-win for the fastest journey to recovery.

Visit UofLHealth.org today.

UofL Health | Orthopedics

THAT'S THE POWER OF **U**

Arthur Malkani, MD
Orthopedic Surgeon

Official Health Care Provider of the Louisville Cardinals





Beginner Half Marathon Training Program

About This Training Plan

The **Swags Performance Project** supports runners at every stage of their personal performance journey — from first-timers to seasoned competitors. This **Beginner Plan** is built for runners who are early in their half marathon journey.

Over **16 weeks**, you will develop a strong aerobic base, grow your long run from 5 to 10 miles, and build the fitness and confidence to cross the **Urban Bourbon Half Marathon** finish line on October 17, 2026. Two community 5k events along the way give you built-in milestones to celebrate your progress.

Weekly Training Structure

DAY	WORKOUT	ZONE	PURPOSE
Sunday	Easy Run	Zone 1	Building and/or maintaining aerobic base
Monday	Rest	—	Full recovery.
Tuesday	Zone 2 + Quality	Zone 2–4	AM Zone 2 base run followed by PM track session or intervals
Wednesday	Recovery Run	Zone 1	Easy miles to recover from Tuesday quality work
Thursday	Tempo / Steady State	Zone 3	"Comfortably hard" at race pace — raises lactate threshold
Friday	Rest	—	Full Recovery
Saturday	Long Run	Zone 1–2	Building towards running distance close to race distance

Ready for your own personalized plan? The Swags Performance Project Beginner and Intermediate plans are a strong foundation for any performance journey. When you're ready for a plan built around your specific goals, schedule, and fitness, our **paid Swags Coaching program** delivers a fully personalized training experience. Ask us at your next training session or reach out to us directly.

16-Week Training Calendar

Easy / Zone 1	Zone 2	Tempo / SS @MP	Track / MP Work	Long Run	Community Race	★ Race Day	Rest
	SUN	MON	TUE	WED	THU	FRI	SAT
WK 1 ~22 mi Jun 28–Jul 4	Easy Run 3 mi	REST	Zone 2 (optional) See Tue. details	Recovery 4 mi	Tempo 3 mi	REST	Long Run 5 mi
WK 2 ~23 mi Jul 5–Jul 11	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 4 mi	Tempo 3 mi	REST	Long Run 5 mi
WK 3 ~24 mi Jul 12–Jul 18 ★ Race Tue	Easy Run 4 mi	REST	Zone 2 · 3 mi ★ Ice Cream 5k	Recovery 4 mi	Tempo 3 mi	REST	Long Run 6 mi
WK 4 ~24 mi Jul 19–Jul 25	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 4 mi	Tempo 3 mi	REST	Long Run 6 mi
WK 5 ~24 mi Jul 26–Aug 1	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 4 mi	Tempo 3 mi	REST	Long Run 6 mi
WK 6 ~24 mi Aug 2–Aug 8 ★ Race Tue	Easy Run 4 mi	REST	Zone 2 · 3 mi ★ Poker Run 5k	Recovery 4 mi	Tempo 3 mi	REST	Long Run 6 mi
WK 7 ~25 mi Aug 9–Aug 15	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 4 mi	Tempo 3 mi	REST	Long Run 7 mi
WK 8 ~26 mi Aug 16–Aug 22	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 4 mi	Tempo 4 mi	REST	Long Run 7 mi
WK 9 ~27 mi Aug 23–Aug 29	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 4 mi	REST	Long Run 7 mi
WK 10 ~28 mi Aug 30–Sep 5	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 4 mi	REST	Long Run 8 mi
WK 11 ~28 mi Sep 6–Sep 12	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 8 mi
WK 12 ~29 mi Sep 13–Sep 19	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 9 mi
WK 13 ~30 mi Sep 20–Sep 26 ↑ PEAK	Easy Run 4 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 10 mi
WK 14 ~28 mi Sep 27–Oct 3 ↓ Taper	Easy Run 4 mi	REST	Zone 2 · 3 mi Recovery · 4 mi	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 8 mi
WK 15 ~24 mi Oct 4–Oct 10 ↓ Taper	Easy Run 4 mi	REST	Zone 2 4 mi	Recovery 5 mi	SS @ MP 3 mi	REST	Long Run 8 mi
WK 16 ~30 mi Oct 11–Oct 17 ★ RACE	Easy Run 3 mi	REST	Zone 2 4 mi	Recovery 4 mi	Easy + 4xStrides 3 mi	Recovery 3 mi	★ RACE DAY 13.1 mi

*See next page for detailed Tuesday workout instructions.

Tuesday Workout Details

The calendar shows **Zone 2 (optional)** for each Tuesday with a scheduled PM session — an AM Zone 2 base run is always optional. The PM quality sessions for each week are detailed below. Week 3 and Week 6 are community 5k races (no PM track session).

PM Track / Threshold Sessions

WEEK	SESSION
1	Warmup 0.5 mi · 8×400m @ comfortable effort (90 sec rest) · Cooldown 0.5 mi
2	Warmup 0.5 mi · 2×600m / 2×400m / 4×300m @ threshold (1:15 rest) · Cooldown 0.5 mi
4	Warmup 0.5–1 mi · 4×600m @ threshold (1:15 rest) · 4×400m @ threshold (1:15 rest) · Cooldown 0.5–1 mi
5	Warmup 0.5–1 mi · 4×400m @ threshold (1:15 rest) · 4×300m @ threshold (1:15 rest) · Cooldown 0.5–1 mi
6	☐ Poker Run 5k — warm up and cool down around the race
7	Warmup 0.5–1 mi · 5×1k @ threshold (1:15 rest) · Cooldown 0.5–1 mi
8	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi
9	Warmup 0.5–1 mi · 5×1k @ threshold (1:15 rest) · Cooldown 0.5–1 mi
10	Fartlek: 90 sec "on" @ HM race pace / 60 sec "off" @ recovery — repeat continuously for 3 miles total
11	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi
12	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi
13	Warmup 0.5–1 mi · 5×1k @ threshold (1:15 rest) · Cooldown 0.5–1 mi

Training Glossary

All pacing in this plan is guided by **heart rate zones** based on your maximum heart rate. Use the tables below as your reference throughout training.

Heart Rate Zones

ZONE	NAME	EFFORT	DESCRIPTION
Zone 1	Recovery / Easy	50–59% Max HR	Very easy — full conversation possible. Recovery runs and easy long run miles.
Zone 2	Aerobic Base	60–74% Max HR	Conversational pace — you notice the effort. Core of the weekly training volume.
Zone 3	Tempo	75–84% Max HR	"Comfortably hard." Roughly half marathon race pace. Sustained run slightly below lactate threshold.
Zone 4	Threshold	85–90% Max HR	Harder effort near 5k–10k pace. Short intervals to raise lactate threshold ceiling.
Zone 5	Anaerobic / Max	>90% Max HR	Used in speed work for track/interval sessions.

Workout Types

WORKOUT TYPE	ZONE	DESCRIPTION
Easy / Recovery	Zone 1	Very comfortable pace used for recovery days and easy long run mileage. Sunday runs and Wednesday recovery miles fall here.
Zone 2 Run	Zone 2	Aerobic base building at conversational pace — the engine for your race. Tuesday AM runs are Zone 2. The most common workout type in this plan.
Long Run	Zone 1–2	The cornerstone workout at an easy sustainable effort. Saturday long runs progress from 5 miles (Beginner) / 7 miles (Intermediate) to peak mileage, then taper toward race day.
Tempo Run	Zone 3	"Comfortably hard" sustained effort at roughly half marathon pace. Builds your lactate threshold and ability to hold race pace for extended periods.
Steady State @ MP	Zone 3	Sustained effort at goal race pace (MP = Half Marathon Pace). Bridges tempo running and race effort — introduced in the final training phase.
Track Session	Zone 4	Track intervals used to build speed endurance.

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Intermediate Half Marathon Training Program

About This Training Plan

The **Swags Performance Project** supports runners at every stage of their personal performance journey — from first-timers to seasoned competitors. This **Intermediate Plan** is for runners who have completed at least one half marathon and are ready to push further.

Over **16 weeks**, you will build on your aerobic base with higher volume, structured track sessions, sustained tempo runs, and Marathon Pace work. Long runs peak at 11 miles before a focused taper positions you to race your best at the **Urban Bourbon Half Marathon** on October 17, 2026.

Weekly Training Structure

DAY	WORKOUT	ZONE	PURPOSE
Sunday	Easy Run	Zone 1	Building and/or maintaining aerobic base
Monday	Rest	—	Full recovery.
Tuesday	Zone 2 + Quality	Zone 2–4	AM Zone 2 base run followed by PM track session or intervals
Wednesday	Recovery Run	Zone 1	Easy miles to recover from Tuesday quality work
Thursday	Tempo / Steady State	Zone 3	"Comfortably hard" at race pace — raises lactate threshold
Friday	Rest	—	Full Recovery
Saturday	Long Run	Zone 1–2	Building towards running distance close to race distance

Ready for your own personalized plan? The Swags Performance Project Beginner and Intermediate plans are a strong foundation for any performance journey. When you're ready for a plan built around your specific goals, schedule, and fitness, our **paid Swags Coaching program** delivers a fully personalized training experience. Ask us at your next training session or reach out to us directly.

16-Week Training Calendar

Easy / Zone 1	Zone 2	Tempo / SS @MP	Track / MP Work	Long Run	Community Race	★ Race Day	Rest
	SUN	MON	TUE	WED	THU	FRI	SAT
WK 1 ~29 mi Jun 28–Jul 4	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 5 mi	REST	Long Run 7 mi
WK 2 ~31 mi Jul 5–Jul 11	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 6 mi	Tempo 5 mi	REST	Long Run 8 mi
WK 3 ~29 mi Jul 12–Jul 18 ★ Race Tue	Easy Run 5 mi	REST	Zone 2 · 3 mi ★ Ice Cream 5k	Recovery 5 mi	Tempo 5 mi	REST	Long Run 7 mi
WK 4 ~31 mi Jul 19–Jul 25	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 6 mi	Tempo 5 mi	REST	Long Run 8 mi
WK 5 ~33 mi Jul 26–Aug 1	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 6 mi	Tempo 5 mi	REST	Long Run 9 mi
WK 6 ~31 mi Aug 2–Aug 8 ★ Race Tue	Easy Run 5 mi	REST	Zone 2 · 3 mi ★ Poker Run 5k	Recovery 5 mi	Tempo 5 mi	REST	Long Run 9 mi
WK 7 ~32 mi Aug 9–Aug 15	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 5 mi	REST	Long Run 9 mi
WK 8 ~34 mi Aug 16–Aug 22	Easy Run 6 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 5 mi	REST	Long Run 9 mi
WK 9 ~34 mi Aug 23–Aug 29	Easy Run 6 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 5 mi	REST	Long Run 10 mi
WK 10 ~36 mi Aug 30–Sep 5 ↑ PEAK	Easy Run 6 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	Tempo 5 mi	REST	Long Run 11 mi
WK 11 ~33 mi Sep 6–Sep 12	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 10 mi
WK 12 ~32 mi Sep 13–Sep 19	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	SS @ MP 5 mi	REST	Long Run 10 mi
WK 13 ~31 mi Sep 20–Sep 26	Easy Run 5 mi	REST	Zone 2 (optional) See Tue. details	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 10 mi
WK 14 ~30 mi Sep 27–Oct 3 ↓ Taper	Easy Run 5 mi	REST	Zone 2 · 3 mi Recovery · 4 mi	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 9 mi
WK 15 ~26 mi Oct 4–Oct 10 ↓ Taper	Easy Run 5 mi	REST	Zone 2 4 mi	Recovery 5 mi	SS @ MP 4 mi	REST	Long Run 8 mi
WK 16 ~36 mi Oct 11–Oct 17 ★ RACE	Easy Run 5 mi	REST	Zone 2 4 mi	Recovery 5 mi	Easy + 4×Strides 5 mi	Recovery 4 mi	★ RACE DAY 13.1 mi

*See next page for detailed Tuesday workout instructions.

Tuesday Workout Details

The calendar shows **Zone 2 (optional)** for each Tuesday with a scheduled PM session — an AM Zone 2 base run is always optional. The PM quality sessions for each week are detailed below. Week 3 and Week 6 are community 5k races (no PM track session).

PM Track / Threshold Sessions

WEEK	SESSION
1	Warmup 0.5 mi · 8×400m @ comfortable effort (90 sec rest) · Cooldown 0.5 mi
2	Warmup 0.5 mi · 2×600m / 2×400m / 4×300m @ threshold (1:15 rest) · Cooldown 0.5 mi
4	Warmup 0.5–1 mi · 4×600m @ threshold (1:15 rest) · 4×400m @ threshold (1:15 rest) · Cooldown 0.5–1 mi
5	Warmup 0.5–1 mi · 4×400m @ threshold (1:15 rest) · 4×300m @ threshold (1:15 rest) · Cooldown 0.5–1 mi
6	☐ Poker Run 5k — warm up and cool down around the race
7	Warmup 0.5–1 mi · 5×1k @ threshold (1:15 rest) · Cooldown 0.5–1 mi
8	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi
9	Fartlek: 90 sec "on" @ HM race pace / 60 sec "off" @ recovery — repeat continuously for 3 miles total
10	Warmup 0.5–1 mi · 5×1k @ threshold (1:15 rest) · Cooldown 0.5–1 mi
11	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi
12	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi
13	Warmup 0.5–1k · 2k @ threshold · 1k @ recovery · 1k @ threshold · 1k @ recovery · Cooldown 0.5–1 mi

Training Glossary

All pacing in this plan is guided by **heart rate zones** based on your maximum heart rate. Use the tables below as your reference throughout training.

Heart Rate Zones

ZONE	NAME	EFFORT	DESCRIPTION
Zone 1	Recovery / Easy	50–59% Max HR	Very easy — full conversation possible. Recovery runs and easy long run miles.
Zone 2	Aerobic Base	60–74% Max HR	Conversational pace — you notice the effort. Core of the weekly training volume.
Zone 3	Tempo	75–84% Max HR	"Comfortably hard." Roughly half marathon race pace. Sustained run slightly below lactate threshold.
Zone 4	Threshold	85–90% Max HR	Harder effort near 5k–10k pace. Short intervals to raise lactate threshold ceiling.
Zone 5	Anaerobic / Max	>90% Max HR	Used in speed work for track/interval sessions.

Workout Types

WORKOUT TYPE	ZONE	DESCRIPTION
Easy / Recovery	Zone 1	Very comfortable pace used for recovery days and easy long run mileage. Sunday runs and Wednesday recovery miles fall here.
Zone 2 Run	Zone 2	Aerobic base building at conversational pace — the engine for your race. Tuesday AM runs are Zone 2. The most common workout type in this plan.
Long Run	Zone 1–2	The cornerstone workout at an easy sustainable effort. Saturday long runs progress from 5 miles (Beginner) / 7 miles (Intermediate) to peak mileage, then taper toward race day.
Tempo Run	Zone 3	"Comfortably hard" sustained effort at roughly half marathon pace. Builds your lactate threshold and ability to hold race pace for extended periods.
Steady State @ MP	Zone 3	Sustained effort at goal race pace (MP = Half Marathon Pace). Bridges tempo running and race effort — introduced in the final training phase.
Track Session	Zone 4	Track intervals used to build speed endurance.



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Orthopedic Surgeon

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5k Training Program

About This Training Plan

The **Swags Performance Project** supports runners at every stage of their personal performance journey — from first-timers to seasoned competitors. This **5K Training Plan** is designed for runners building toward their first — or next — 5k.

Over **13 weeks**, you will progress from run/walk intervals to continuous running at your goal pace, building the fitness and confidence to cross the **Urban Bourbon 5K** finish line on October 17, 2026. One community 5k event along the way gives you a built-in milestone to celebrate your progress.

Weekly Training Structure

DAY	WORKOUT	ZONE	PURPOSE
Sunday	Easy Walk / Run	Zone 1	Active recovery — gentle aerobic base building
Monday	Rest	—	Full recovery
Tuesday	Intervals / Quality	Zone 1–3	Run/walk intervals building week by week to continuous running
Wednesday	Recovery	Zone 1	Easy movement to flush out fatigue from Tuesday
Thursday	Easy Run	Zone 1–2	Build weekly mileage and aerobic base
Friday	Rest	—	Full recovery
Saturday	Long Run / Walk	Zone 1–2	Longest effort of the week — builds endurance for race day

Ready to go further? The 5K plan is your entry point into the Swags Performance Project. When you're ready to tackle a half marathon, our free **Beginner Half Marathon Plan** is your next step. For a plan built around your specific goals and schedule, our **paid Swags Coaching program** delivers a fully personalized training experience. Ask us at your next training session or reach out to us directly.

13-Week Training Calendar

Easy / Walk	Intervals	Continuous Run	Steady State	Long Run	Community Race	★ Race Day	Rest
	SUN	MON	TUE	WED	THU	FRI	SAT
WK 1 ~5 mi Jul 19–Jul 25	Walk 30 min	REST	Run/Walk × 8 30s on / 1 min off	REST	Walk/Run 20 min	REST	Walk 30 min
WK 2 ~9 mi Jul 26–Aug 1	Easy Walk/Run 2 mi	REST	Run/Walk × 8 1 min on / 1 min off	Recovery 1.5 mi	Easy Run/Walk 2 mi	REST	Easy Walk/Run 2 mi
WK 3 ~10 mi Aug 2–Aug 8 ★ Race Sat	Easy Run/Walk 2 mi	REST	Run/Walk × 6 90s on / 1 min off	Recovery 1.5 mi	Easy Run/Walk 2 mi	REST	★ Poker Run 5k warm up & cool down
WK 4 ~11 mi Aug 9–Aug 15	Easy Run 2 mi	REST	Run/Walk × 6 2 min on / 1 min off	Recovery 2 mi	Easy Run 2 mi	REST	Long Run/Walk 3 mi
WK 5 ~12 mi Aug 16–Aug 22	Easy Run 2 mi	REST	Run/Walk × 5 3 min on / 1 min off	Recovery 2 mi	Easy Run 2.5 mi	REST	Long Run/Walk 3 mi
WK 6 ~13 mi Aug 23–Aug 29	Easy Run 2 mi	REST	Run/Walk × 4 5 min on / 1 min off	Recovery 2 mi	Easy Run 2.5 mi	REST	Long Run 3.5 mi
WK 7 ~14 mi Aug 30–Sep 5	Easy Run 2.5 mi	REST	Run/Walk × 3 8 min on / 1 min off	Recovery 2 mi	Easy Run 3 mi	REST	Long Run 4 mi
WK 8 ~13 mi Sep 6–Sep 12	Easy Run 2.5 mi	REST	Continuous Run 20 min	Recovery 2 mi	Easy Run 2.5 mi	REST	Long Run 4 mi
WK 9 ~13 mi Sep 13–Sep 19	Easy Run 2.5 mi	REST	Steady State 20–25 min	Recovery 2 mi	Steady State 2 mi	REST	Long Run 4 mi
WK 10 ~14 mi Sep 20–Sep 26 ↑ PEAK	Easy Run 3 mi	REST	Steady State 25 min	Recovery 2 mi	Steady State 2.5 mi	REST	Long Run 4 mi
WK 11 ~12 mi Sep 27–Oct 3 ↓ Taper	Easy Run 2.5 mi	REST	Steady State 20 min	Recovery 2 mi	Easy Run 2 mi	REST	Long Run 3 mi
WK 12 ~10 mi Oct 4–Oct 10 ↓ Taper	Easy Run 2 mi	REST	5K Pace Test 2.5 mi total	Recovery 1.5 mi	Easy Run 1.5 mi	REST	Easy Run 2 mi
WK 13 ~8 mi Oct 11–Oct 17 ★ RACE	Easy Run 1.5 mi	REST	Easy + Strides 1.5 mi	REST	Easy Run 1 mi	Shakeout 1 mi	★ RACE DAY 3.1 mi

*See next page for the full Tuesday interval progression.

Tuesday Interval Progression

Each Tuesday session follows a progression from run/walk intervals in the early weeks to continuous running and steady state efforts by mid-plan. The key is consistency — if you need an extra day of rest, take it. The goal is to arrive at race day healthy and confident.

Week-by-Week Tuesday Sessions

WK	TUESDAY SESSION
1	Run 30 sec / Walk 1 min — repeat × 8
2	Run 1 min / Walk 1 min — repeat × 8
3	☐ Poker Run 5k — walk/run at your comfort level; celebrate the milestone
4	Run 2 min / Walk 1 min — repeat × 6
5	Run 3 min / Walk 1 min — repeat × 5
6	Run 5 min / Walk 1 min — repeat × 4
7	Run 8 min / Walk 1 min — repeat × 3
8	Run 20 min continuous — first full continuous run
9	Steady State: 20–25 min continuous at a comfortable, conversational effort
10	Steady State: 25 min continuous — your longest sustained effort
11	Steady State: 20 min continuous — begin taper, keep effort easy
12	5K Pace Test: 0.5 mi easy warmup · 1.5 mi at goal 5K pace · 0.5 mi easy cooldown
13	Easy 1.5 mi + 4 × 20-second strides — feel light and fast before race day

Tips for run/walk intervals: Start the run portion at a pace where you could still speak a few words — not a sprint. The walk intervals are active recovery, not a complete stop. If a week feels too hard, repeat it before moving on. Your body adapts faster than you think.

Training Glossary

All pacing in this plan is guided by **heart rate zones** based on your maximum heart rate. Use the tables below as your reference throughout training.

Heart Rate Zones

ZONE	NAME	EFFORT	DESCRIPTION
Zone 1	Recovery / Easy	50–59% Max HR	Very easy — full conversation possible. Walk intervals, Sunday runs, and Wednesday recovery.
Zone 2	Aerobic Base	60–74% Max HR	Conversational pace — you notice the effort. Run portions of intervals and continuous runs.
Zone 3	Threshold	75–84% Max HR	"Comfortably hard." Roughly your 5K race pace. Used in steady state sessions late in the plan.
Zone 4	Tempo +	85–90% Max HR	Harder effort. Used briefly in the 5K Pace Test in week 12 to simulate race conditions.
Zone 5	Anaerobic / Max	>90% Max HR	Maximum effort — very short durations. Not typically used in this plan.

Workout Types

WORKOUT TYPE	ZONE	DESCRIPTION
Easy / Walk	Zone 1	Very comfortable pace or walking. Used on Sunday, Wednesday recovery, and warm-ups.
Run/Walk Intervals	Zone 1–2	Alternating run and walk segments. The foundation of weeks 1–7, building endurance gradually.
Continuous Run	Zone 2	Running without walk breaks — introduced in week 8. Conversational effort.
Long Run / Walk	Zone 1–2	Saturday longest effort. Builds endurance. Keep it easy — you should finish feeling capable of more.
Steady State	Zone 3	Sustained effort at or near your goal 5K pace. Comfortable but challenging. Introduced in week 9.
5K Pace Test	Zone 3–4	Week 12 simulation: warmup, then 1.5 miles at your goal 5K race pace, then cooldown. Builds confidence and gives a final fitness check before race day.



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- Golf Performance Program



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Training Log

Keep track of your training by copying and completing this log each week.

Month: _____ Year: _____ Weight: _____ lbs.

Day	Activity	Type	Route	Weather	Distance	Time	Personal	Notes
Monday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					
Tuesday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					
Wednesday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					
Thursday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					
Friday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					
Saturday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					
Sunday	Training	Tempo Pace	Outdoor:	Temp:			Sleep:	
	Race	Interval Run	_____	Other:	mi.	: :	Mood:	
:	CrossTrain	Long Hills	Treadmill					

Week Total _____

(Previous YTD Total) + _____

YTD Total _____

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UofL Health – Frazier Rehab Institute

UofL Health – South Hospital

1905 West Hebron Lane, Suite 106

Shepherdsville, KY 40165

P: 502-955-7705

UofL Health – Frazier Rehab Institute

Owsley Brown Frazier

Sports Medicine Center

215 Central Avenue, Suite 200

Louisville, KY 40208

P: 502-637-9313

UofL Health – Frazier Rehab Institute

UofL Health – Medical Center Southend

5129 Dixie Highway, Suite 303

Louisville, KY 40216

P: 502-937-2288

UofL Health – Frazier Rehab Institute

Springhurst

4801 Olympia Park Plaza, Suite 1600

Louisville, KY 40241

P: 502-426-3353

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