



Sponsored by:




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 FEBRUARY	20	21	22	23	24	25
Rest day	2 mile run @ easy pace	Hill training	Rest day	2 mile run @ easy pace	Cross train	3 mile run @ easy pace
			HILL TRAINING <sup>1</sup>			
Go to <a href="http://53riverbankrun.com">53riverbankrun.com</a> for more information on training runs and hill training with seven time 25K champion Greg Meyer.						Week 12 Total:
26	27	28	01 MARCH	02	03	04
Rest day	2 mile run @ easy pace	1 min hard/1 min easy x10	2 mile run @ easy pace	Rest day	Cross train	3 mile run @ easy pace
						Week 11 Total:
05	06	07	08	09	10	11
Rest day	3 mile run @ easy pace	Hill training	3 mile run @ easy pace	Rest day	Cross train	4 mile run @ easy pace
						Week 10 Total:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
Rest day	3 mile run @ easy pace	2 min hard/1 min easy x8  "NO PROBLEMS" TRAINING RUN <sup>2</sup>	3 mile run @ easy pace	Rest day	Cross train	4 mile run @ easy pace
						Week 09 Total:
19	20	21	22	23	24	25
Rest day	4 mile run @ easy pace	6x for 800 meters, interval pace w/1:1 ratio rest/rec	4 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace
						Week 08 Total:
26	27	28	29	30	31	01 APRIL
Rest day	4 mile run @ easy pace	2 mile run @ tempo pace	4 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace
						Week 07 Total:
02	03	04	05	06	07	08
Rest day	5 mile run @ easy pace	4x for 1000 meters, interval pace w/1:1 ratio rest/rec	5 mile run @ easy pace	Rest day	Cross train	6 mile run @ easy pace
						Week 06 Total:
Visit <a href="http://53riverbankrun.com">53riverbankrun.com</a> for answers to frequently asked questions.						Week 06 Total:
09	10	11	12	13	14	15
Rest day	5 mile run @ easy pace	3 mile run @ tempo pace	5 mile run @ easy pace	Rest day	Cross train	6 mile run @ easy pace
						Week 05 Total:
16	17	18	19	20	21	22
Rest day	4 mile run @ easy pace	6x for 400 meters @ RP	4 mile run @ easy pace	Rest day	Cross train	7 mile run @ easy pace
						Week 04 Total:
23	24	25	26	27	28	29
Rest day	4 mile run @ easy pace	4 mile run @ tempo pace	2 mile time trial	Rest day	Cross train	7 mile run @ easy pace
						Week 03 Total:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01 MAY	02	03	04	05	06
Rest day	3 mile run @ easy pace	8x for 200 meters @ RP/3 min recovery	3 mile run @ easy pace	Rest day	Cross train	5 mile run @ easy pace
Check out <a href="http://53riverbankrun.com/train">53riverbankrun.com/train</a> to connect with an area running club or training						Week 02 Total:
07	08	09	10	11	12	13 RACE DAY!
Rest day	3 mile run @ easy pace	3 mile run @ tempo pace  "NO PROBLEMS" TRAINING RUN <sup>2</sup>	3 mile run @ easy pace	Rest day	Cross train	
						Week 01 Total:

<sup>1</sup>HILL TRAINING. 6p at John Ball Park (meet in south parking lot)

<sup>2</sup>"NO PROBLEMS" TRAINING RUN, 6p at Perrin Brewing Company (5910 Comstock Park Dr, NW)

Remember to warm up and stretch before your workout as well as cool down after your workout.

#### Benefits of Training:

**EASY Pace:** Improves body's ability to transport blood and oxygen

**TEMPO Pace:** Improves the lactate threshold

**INTERVAL Pace:** Increases aerobic capacity (VO2 Max)

**RACE Pace:** Improves speed and economy

**Hill Training:** Develops leg strength and power

**EASY:** This is a recovery run. If you're really tired, you may even decide to take this day off. Easy days are planned recovery days, which are essential to staying injury free.

**TEMPO RUN:** This is just above your present 10K race pace. For example, if your 10K pace is 7 minutes per mile, your "tempo" pace would be somewhere in the range of 7:30- 7:45 per mile. A key test is the "talk test." If you can still talk, although uncomfortable, you're probably okay. If you're running so hard you can't talk at all, you're running too fast.

**STEADY:** This is used at the end of some long runs. You may incorporate other "steady" efforts on your general run days. Steady means you're moving along, not really at "tempo" or race pace, but a steady effort.

**RACE PACE (RP):** This should be based on your goal pace for your Fifth Third River Bank Run event. Your race pace could be a realistic goal, challenging but achievable.

**HILL TRAINING:** Run up the hill(s) hard and jog down easy. Plan 10-15 minutes of actual running uphill during your training.

Before undertaking a training schedule, please read the following: Fifth Third Bank and Greg Meyer disclaim any liability to persons who undertake these training programs. These schedules are for runners who have no current physical or health problems.

It is recommended that runners be examined by a qualified physician before beginning one of these schedules or other programs of strenuous exercise. Greg Meyer feels that a person who completes one of these programs should be able to complete the Fifth Third River Bank Run 25K, 10K or 5K. Neither Fifth Third Bank nor Greg Meyer claim that these programs are correct for any particular person. It is your responsibility to determine that you are fit enough to undertake one of these programs and monitor its effect on your health.

If you cannot physically complete the first four weeks of your event's schedule, you should re-evaluate whether you should compete in that event. Before you begin training, buy a good pair of running shoes from the experts at Gazelle Sports who know how to fit running shoes. Carefully stretch your muscles before and after each workout, and drink appropriate amounts of water before, during and after each workout.

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