

WEEK #11:

PODCAST, EPISODE #11: "TAPER WHAT'S THAT"

Change for week #11: We are changing to 3 complete rest days (no cross training)!

Day 6 is our longest run yet before race day & we try to limit our breaks to one or 2 during the long run.

Day 1: Rest Day (Relax today!)

Day 2: "Fartlek" run routine as:
Warm-up: A 5min. brisk but relaxed walk, followed by:
Run/jog at a relaxed pace for 5 minutes, followed by a 1-minute walk. Repeat for a total distance of 2.5 miles. Start each mile with a short (15-second) sprint ("Fartlek"), a total of 3.

Day 3: Rest Day (Relax today!)

Day 4: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then:
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-mile loop or do 1.25-mile out, 1.25 mile back)

Day 5: Rest Day (Relax again!)

Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 4-Mile run/jog with breaks; run/jog relaxed for 2miles, break (walk for 1min.), repeat. (Try to limit your breaks to 1 at half-time if possible today!)

Day 7: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then: Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-loop or do 1.25-mile out, 1.25-mile back)