

PHASE #3: "I CAN DO THIS!"

Our final, Phase #3 is called the "Experience, Finish & Taper Phase" (4 weeks).

During phase #3, we keep working on building our run endurance we have established in phase #1 & #2, as well as experience ourselves as a runner. We are getting closer and have our goal in sight, the 5k-race-day. We finish our endurance build, add a bit of speed with "Fartleks" and get ready for race day. Fartleks are speedy sprints that involve varying your pace throughout your run, alternating between fast and slow segments.

PHASE #3 (4 weeks):

WEEK #9:

PODCAST, EPISODE #9: "PEAK IT UP"

Change for week #9:

Adding a 2.5-Mile "Fartlek" run workout on Day 2. & adding 0.5 miles to the long run, making it 3 miles total! Try to decrease your breaks during the long run. Day 4 and Day 7 runs are changing.

Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.

When you know what you like, stick with it!

Day 2: We start to add some speed with a "Fartlek" run routine:

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: Cross Training for 20-30min. today

Examples are rowing, cycling, swimming, elliptical, stairs or a hike

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 total (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!)

Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 3-Mile run/jog with breaks; run/jog relaxed for 1.5-mile, break (walk for 1min.), repeat. (Breaks are okay; but try to take one less break 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)