

WEEK #12:

PODCAST, EPISODE #12: "READY, SET, GO"

Change for week #12, your FINAL week:

Changing Day 4/Day 6 workouts; RACE DAY is here!

- Day 1: Rest Day (Relax today!)
- Day 2: "Fartlek" run routine as (***One last time, speed for fun!***):
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: Cross Training for 10-20min. today
(stick with what you have done on cross train days during training!)
- Day 7: ****RACE A 5K TODAY**** (Run the distance, no breaks needed!)

HAVE FUN & LET US KNOW HOW YOU DID!