



Genesis Graduate Runners

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest or cross train	3 miles or 30 mins	Rest or walk	3 miles or 30 mins	Rest or cross train	3.5 miles or 35 mins	Rest or cross train
Week 2	Rest or cross train	3 miles or 30 mins	Rest or walk	3 miles or 30 mins	Rest or cross train	4 miles or 40 mins	Rest or cross train
Week 3	Rest or cross train	3 miles or 30 mins	Rest or walk	3.5 miles or 35 mins	Rest or cross train	4 miles or 40 min	Rest or cross train
Week 4	Rest or cross train	3 miles or 30 mins	Rest or walk	3.5 miles or 35 mins	Rest or cross train	4.5 miles or 45 mins	Rest or cross train
Week 5	Rest or cross train	3 x 400 interval	Rest or walk	3.5 miles or 35 mins	Rest or cross train	5 miles or 50 mins	Rest or cross train
Week 6	Rest or cross train	4 x 400 interval	Rest or walk	3.5 miles or 35 mins	Rest or cross train	5 miles or 50 min	Rest or cross train
Week 7	Rest or cross train	30 min pace run	Rest or walk	4 miles or 40 mins	Rest or cross train	5.5 miles or 55 min	Rest or cross train
Week 8	Rest or cross train	30 min pace run	Rest or walk	4.5 miles or 45 mins	Rest or cross train	60 min run	Rest or cross train
Week 9	Rest or cross train	Easy Out and back	Rest	Easy 20 mins	Rest	Race Day!	Recovery run or walk



I have fought the good fight,
I have finished the race,
I have kept the faith.

2 Timothy 4:7



Each running workout begins with a warm up and end with a cool down.

Warm up and cool down should be between ½ mile and 1 mile

Weekend long runs are done on a steady, sustainable and conversational pace. Weekend long runs are intended to build your endurance by teaching your body to go longer and use its fuel efficiently. These runs should be steady at 75-80% of your maximum heart rate or perceived effort.

Intervals: To improve your speed, train at a pace somewhat faster than your race pace for the 5-K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 meters. Cool down afterwards with a short jog.

Every work out should be followed by lower body stretches for the hips, glutes, quads, hamstrings, IT band, upper calves and lower calves.