

Welcome to your FRESH 15K Training Plan!

Congratulations on your decision to participate in one of the greatest races in Texas!

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Core/Yoga/ Strength	2 Miles Easy Pace	Core/Yoga/ Strength	1 Mile Tempo Run + 15 Min Easy Walk	Rest	2 Miles Distance	Core/Yoga/ Strength
2	Core/Yoga/ Strength	3 Miles Easy Pace	Core/Yoga/ Strength	2 Mile Tempo Run + 30 Min Easy Walk	Rest	3 Miles Distance	Core/Yoga/ Strength
3	Core/Yoga/ Strength	2 Miles Easy Pace	Core/Yoga/ Strength	2 Mile Tempo Run + 30 Min Easy Walk	Rest	4 Miles Distance	Core/Yoga/ Strength
4	Core/Yoga/ Strength	3 Miles Easy Pace	Core/Yoga/ Strength	3 Mile Tempo Run + 15 Min Easy Walk	Rest	2 Miles Distance	Core/Yoga/ Strength
5	Core/Yoga/ Strength	3 Miles Easy Pace	Core/Yoga/ Strength	4 Mile Tempo Run + 15 Min Easy Walk	Rest	5 Miles Distance	Core/Yoga/ Strength
6	Core/Yoga/ Strength	4 Miles Easy Pace	Core/Yoga/ Strength	4 Mile Tempo Run + 15 Min Easy Walk	Rest	6 Miles Distance	Core/Yoga/ Strength
7	Core/Yoga/ Strength	3 Miles Easy Pace	Core/Yoga/ Strength	2 Mile Tempo Run + 30 Min Easy Walk	Rest	4 Miles Distance	Core/Yoga/ Strength
8	Core/Yoga/ Strength	4 Miles Easy Pace	Core/Yoga/ Strength	3 Mile Tempo Run + 15 Min Easy Walk	Rest	7 Miles Distance	Core/Yoga/ Strength
9	Core/Yoga/ Strength	3 Miles Easy Pace	Core/Yoga/ Strength	4 Mile Tempo Run + 15 Min Easy Walk	Rest	8 Miles Distance	Core/Yoga/ Strength
10	Core/Yoga/ Strength	2 Miles Easy Pace	Core/Yoga/ Strength	1-2 Miles Easy Pace + Yoga/Core/Strength 30 Min	2 Miles Easy	Rest	Race Day!

Training Plan Details

Core/Yoga/Strength: This plan is heavy on cross training via Core/Yoga/Strength. The reason being, running is more than just putting one foot in front of the other. It is an intricate interweaving of your entire body in motion. To keep those mechanics healthy runners must maintain mobility as well as build strength. That means a strong core (entire core, not just a sixpack), healthy bones, and mobile/strong joints. You can find that in a variety of ways. Core classes, Yoga (especially restorative and power yoga), Weight Training. Aim to do 30min to an hour on the days this is assigned.

**Other forms of cross training: Pilates, Swimming, Cycling.*

Easy Pace Runs: In this plan you have 3 types of runs. The first you'll encounter is the Easy run. If you reference the chart (right), the easy run falls at a 2-4 on the scale. You should be able to speak comfortably during the Easy Run. This is the recovery run that helps mobilize muscles after a long run as well as help increase the cardiovascular capabilities of your body. It is an EXTREMELY important part of a healthy training plan.

Tempo Pace Runs: The next run you'll encounter is the Tempo run. The purpose of this run is to build strength and stamina at a higher effort. On the chart this run falls at a 6-8. You should be able to speak but only in one word sentences. The key to a successful Tempo run is focus, determination and smooth/steady breathing. Good form throughout is important as you will need to maximize your oxygen intake which requires a strong and lifted torso. The Tempo Runs are followed by a short walk to help work out any Lactic Acid that was formed during the run. Do not skip the walk.

Distance Runs: The final type of run you will encounter is the Distance run, also called the Long Slow Distance Run (LSD). This run, like the Easy Run, is performed at a 2-4 on the chart. It is important to maintain that effort in order to train your body to not only increase cardiovascular stamina but also to stave off soft tissue breakdown over long periods of time. This requires full respect of an Easy Pace on the Distance runs, whether you are training for a 5k, 15k or an Ultramarathon.

Rest Days: If I can instill one piece of crucial advice to any athlete, it's this: Do Not Skip Rest Day! During your workouts your body is being tested on multiple levels, Muscular, Skeletal, Cardiovascular, Neural. The rest day allows your body to replenish and you will come back stronger for it! Enjoy this day. Eat well, sleep plenty, have fun! And if you feel you must do something or you will lose your mind, do a few light stretches throughout the day. But no more than 15-30 minutes.

0	Nothing
1	Very, Very Light
2	Very Light
3	Light
4	Light to Easy
5	Easy to Moderate
6	Moderate to Moderately Uncomfortable
7	Moderately Uncomfortable to Moderately Hard
8	Hard
9	Very Hard
10	At, or Close to, Max Effort (sprinting)

One last note:

In order to maintain a successful training plan, rest/hydration/nutrition are key! If you do not have an adequate amount of those three elements, your training will fail you. It may take a week, it may take a month, but prolonged levels of training without proper rest/hydration/nutrition is not sustainable.

The following are signs that you need more rest/hydration/nutrition:

- Constant, insatiable thirst
- Darkened Urine
- Insomnia
- High Heart Rate
- "Bonking"
<http://www.runnersworld.com/nutritionforrunners/thesciencebehindbonking>
- Burnout
- Excessive Soft Tissue Damage/Injury

