<table>
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<tr>
<th>WEEK</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<td>1</td>
<td>5 MINUTES EASY RUN 10X400 METER @ PACE W/200 METER EASY RUN RECOVERY</td>
<td>5 MINUTES EASY RUN</td>
<td>HIKE 45 MINUTES</td>
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<td>HIKE 60 MINUTES</td>
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<td>3-4 MILE LONG RUN</td>
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EASY RUNS
Run at a comfortable, conversational pace. Use one of these three methods to determine how fast or slow your easy runs should be:

1. PACE
Plug a recent 5-K time into the Runner’s World training paces calculator and use the EASY pace that comes up there.
(runnersworld.com/tools/training-paces-calculator)

2. THE TALK TEST
The pace should feel easy enough to comfortably speak in full sentences. If you're huffing and puffing, you're running too fast. If you can sing, you can pick up the pace.

3. HEART RATE
You can estimate effort based on heart rate. Subtract your age from 220. Then subtract your resting heart rate from that number. Multiply the result by 0.75. Add back in your resting heart rate. So [(220-age)-resting HR] x 0.75 and then add back in your resting heart rate. If you are taking blood pressure medication, this may alter your numbers, and this may not be the best way to measure your effort.

LONG RUNS
Run the distance for the day at your easy pace. Since you’re spending more time on your feet than you typically do, be sure to start slowly, with the idea that you’re going to finish the distance for the day feeling strong. If possible, perform this run on grass, cinder or “easy” single-track trails.

TRACK
Track workouts will help boost your speed and fitness and get you accustomed to the level of effort you’ll need to put forth on race day. You’ll warm up and cool down with easy running. Focus on hitting the pace targets, not exceeding them. A few notes for your track workouts:

- 400 meters is one lap around the track; 800 meters is two laps; 200 meters is half a lap (start at the midpoint of one straight section of the track and run to the midpoint of the other straight section of the track).
- If you don’t have access to a track, it’s okay to do these workouts on a flat stretch of road where you’ve measured the distance. Or a last resort would be a treadmill if you don’t have a flat stretch of road to work on.

- 200 meters equals 0.124, or one-eighth of a mile
- 400 meters equals 0.25, or one-quarter mile
- 800 meters equals 0.5, or one-half mile

BURPEE
“STRICT PUSH-UP” VARIATION: Perform a full, strict push-up, either from the toes or the knees, and upon reaching the top position of the push-up, quickly “jump” your feet up toward your hands landing both feet between your hands. Reach down and return to push-up position and repeat for the desired number of repetitions. When “Strict Push-Up” is not specified, simply perform the repetitions as fast as possible as you would on race day. The movement should be the same, however the push-up may appear to be “less strict” than the former, more exaggerated version.

BEAR CRAWL
Begin on all fours in a “baby crawl” position with your hands placed directly beneath your shoulders and knees directly beneath your hips. Lift your knee one inch off the ground and walk forward in a coordinated, opposite arm and leg pattern. Do not allow your shoulders to shrug to your ears or your hips to lift into the air. Balance a shoe on your lower back for the first few workouts to learn how to control proper technique. To mix it up, you can also do the same exercise in reverse to add more shoulders and triceps to the movement. One “rep” of the bear crawl means a step on each side of the body; in other words, count only your right hand’s contact with the ground if you start your first rep with your left hand.

WALKING LUNGE
Begin in a tall standing posture. Step one leg forward about two and a half feet in front of you so that when you “lunge” you are in approximately a 90-degree position at the knees and hips. You should not be “reaching” as far out as possible with each step. As you descend into the lunge, ensure that your knee is directed over your small toes and is not caving in toward your centerline. Transfer your weight into your front heel and foot as you step your back foot beside it. Stand tall, and repeat on the other foot. Repeat for the desired number of repetitions.
LUNGE ISOMETRIC
Begin in a tall standing posture. Step one leg backward about two and a half feet behind you so that when you "lunge" you are in approximately a 90-degree position at the knees and hips. You should not be "reaching" as far back as possible with each step. As you descend into the lunge, ensure that your knee is directed over your small toes and is not caving in toward your centerline. Transfer your weight into your front heel and maintain a tall chest. Hold this bottom position for as long as possible, or the length of time prescribed in the workout. If the workout says “Isometric Lunge, accumulate seconds or minutes,” this means that you may take as many breaks as you want, however only the time actually spent in position and with proper form counts toward the time prescribed in the workout.

PANCAKE REVERSE LUNGE
Begin in a tall standing posture with a 30- to 80-pound sandbag resting behind your head, across your shoulders. Step backward about two and a half feet behind you so that when you “lunge” you are in approximately a 90-degree position at the knees and hips. You should not be “reaching” as far back as possible with each step. As you descend into the lunge, ensure that your knee is directed over your small toes and is not caving in toward your centerline. Transfer your weight into your front heel and maintain a tall chest. Hold this bottom position for as long as possible, or the length of time prescribed in the workout.

PANCAKE GOOD MORNING
Begin in a tall standing posture with a 30- to 80-pound sandbag resting behind your head, across your shoulders. Driving your hips back and keeping your legs nearly straight (not entirely “locked”) begin to drop your chest forward keeping your eyes on the floor about 10 feet in front of you. As your chest approaches parallel to the floor, clench the hips and glutes to return to the starting position. This exercise should be felt in the hamstrings, hips, and lower back.

HIGH PUSH-UP HOLD
Lying on your stomach on the floor, place your hands beneath your shoulders. With your knees on the floor, push up until you are in a push-up position, then lift your knees off the floor so that your only points of contact with the ground are your hands and toes. Tighten your core and glutes while ensuring your back is flat and that your body is a rigid, straight line from your ankles and through your knees, hips, shoulders, and ears. Hold this position for as long as possible, or the length of time prescribed in the workout. If the workout says “High Push-Up Hold, accumulate ___ seconds or minutes,” this means that you may take as many breaks as you want, however only the time actually spent in position and with proper form counts toward the time.

TUESDAY INTERVALS
After running easy for 5 minutes perform fast paced running on a track or measured trail. NOTE: Most tracks are 400 meters around. 400 meters is about a quarter mile and 1600 meters (4 laps) is about 12 yards short of a mile.

HERE’S HOW TO DO IT:
3x400 meters w/200 meters rec means you will run 400 meters at 5-K pace and then run very easy or walk for 200 meters. Repeat that sequence 2 more times. OR 3x800m w/400 meters rec means you will run 800 meters at 5-K pace and then run very easy or walk for 400 meters. Repeat the sequence 2 more times.

WEDNESDAY STRIDES WITH 4 B’S
After running easy for 5 minutes you will run either the length or diagonal of a football or soccer field and then walk the width with a cinder block, 2 bricks, a large bag of sand or 2 small bags of sand (or Spartan Pancake).

HERE’S HOW TO DO IT:
Place the B’s at all 4 corners of the field. After running easy for 5 minutes, run quickly (but don’t sprint) the length of the field and then carry a “B” to the opposite side of the field (walking). After placing the B on the ground (don’t ever drop your B) run quickly the length or diagonal to another corner “B”. Pick the B up carry it across the field and continue. NOTE: Always run to a corner with at least one B to then carry, never run to an empty corner. In your first workout, you will do 10 strides and carries, walk or run easy for 3 minutes and then do 10 more strides and carries.

HIKE AND HIKE WITH JUGS
If possible, perform this hike on a difficult wooded trail. If that’s not possible, choose a hilly course or side walk and road. Your last choice is a sports facility with fields and accessible bleachers to create a loop in.

Your first 2 hikes will simply be covering the distance and terrain in the suggested time. After that, you will carry 2 plastic jugs of either 1 quart, half gallon or gallon filled with water. During your hike you will alter the way you carry the jugs as often as possible. You can carry them from the handles to start but you should also hold from the top with your finger tips, hold in palms from bottom and grasp from the side altering as much as possible will assist in developing better grip strength. If (and the will) the jugs become too heavy to carry, you can drink or poor some water from each container and continue. NEVER leave your jugs behind.

POST-RUN
One set each of: 5 pull-ups; 10 burpees w/strict push-ups; 20 bear crawls (per side); 30 walking lunges (per side); follow with high push-up hold, accumulate 3 minutes.