


# 15K RUNNING REVOLUTION TRAINING PROGRAM

INTERMEDIATE	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1		10 min dynamic/warm 2.5 m then 1 min then X 2 3 min cool down jog 10 min static stretch	Rest or easy walk	10 min dynamic/warm 400 meters - 1 min then X 4 3 min cool down jog 10 min static stretch	Rest or easy walk	10 min dynamic/warm 3 miles easy 10 min static stretch	Rest or easy walk
Week 2	30 min cardio* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 5 mile fartlek 10 min static stretch	Rest or easy walk	10 min dynamic/warm 400 meters - 1 min then X 4 3 min cool down jog 10 min static stretch	Rest or easy walk	10 min dynamic/warm 3 miles easy 10 min static stretch	Rest or easy walk
Week 3	30 min cardio* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 50 minute tempo run 10 min static stretch	Rest or easy walk	10 min dynamic/warm 400 meters - 1 min then X 5 3 min cool down jog 10 min static stretch	45 min yoga, swimming, pilates or static stretch	10 min dynamic/warm 4 miles easy 10 min static stretch	Rest or easy walk
Week 4	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 5 miles w/ hills 10 min static stretch	Rest or easy walk	10 min dynamic/warm 800 meters - 2 min then X 2 3 min cool down jog 10 min static stretch	45 min yoga, swimming, pilates or static stretch	10 min dynamic/warm 5 miles easy 10 min static stretch	Rest or easy walk
Week 5	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 1 mile pace 2min then X 5 3 min cool down jog 10 min static stretch	Rest or easy walk	10 min dynamic/warm 5 miles easy 10 min static stretch	45 min yoga, swimming, pilates or static stretch	10 min dynamic/warm 6 miles easy 10 min static stretch	Rest or easy walk
Week 6	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 800 m pace - 1 min then X 4 3 min cool down jog 10 min static stretch	30 - 60 min cardio 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 800 m cadence-2 min then X 4 3 min cool down jog 10 min static stretch	30-60 min yoga, swimming, pilates or static stretch	10 min dynamic/warm 7 miles easy 10 min static stretch	Rest or easy walk
Week 7	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 1600 m pace - 2 min then X 4 3 min cool down jog 10 min static stretch	30 - 60 min cardio 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 400 meters - 1 min then X 4 3 min cool down jog 10 min static stretch	30-60 min yoga, swimming, pilates or static stretch	10 min dynamic/warm 8 miles easy 10 min static stretch	Rest or easy walk
Week 8	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 50 minute tempo run 10 min static stretch	30 - 60 min cardio 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 400 meters - 1 min then X 4 3 min cool down jog 10 min static stretch	30-60 min yoga, swimming, pilates or static stretch	10 min dynamic/warm 9.3 miles easy 10 min static stretch	Rest or easy walk
Week 9	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm run course or 5/3 miles race pace 10 min static stretch	30 - 60 min cardio 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 5 miles tempo run 10 min static stretch	30-60 min yoga, swimming, pilates or static stretch		Rest or easy walk
Week 10	30 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm run course 10 min static stretch	20 - 30 min cardio 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 1-3 miles easy 10 min static stretch	Rest or easy walk	Rock the Cinco Race See you at the finish line!	Pick your next goal and start working toward it! Great Job!

This run plan has been created with input from the work of Hal Higdon, Jeff Galloway, Runner's World and Dr. Jim Roberts. It is a guideline not a set of rules. If this regimen isn't challenging enough, ramp it up or move up to the next plan. If it is too challenging, dial it down or move down to the next plan. Tuesday runs are suggestions, your coaches may choose to switch it up a bit. If you aren't familiar with any terms used, please consult "Training Terms" pdf. If you need some direction for cardio or strength training, please see "Cardio Training" and "Strength Training" pdfs.