Team Fit Future Advanced Training Program :

This program is for the individual who has run a half-marathon before or is a strong 10k runner looking to run a fast time. Before starting this program one should be able to run 10k in under 60 minutes.

RP= goal race pace - these are runs that you start easy effort and then build through the time suggested so that you are ideally running at your goal 5km pace.

Intensity- Thursday will be the day when we add some speed to your running. These will primarily be Fartlek ("speedplay") runs with 1 minute easy jog recovery. Always start with a minimum of 15 minutes of easy jogging and finish with 15 minutes of easy jogging to bring the HR down. The intensity should be such that your last segment is your strongest – always building into the run – just as you want on race day. We will build to mile repeats with 60-90sec rest at slightly faster than your race pace effort building to your LT (Lactate Threshold.) This will mean that Thursday runs need to be easy.

Active recovery day – This is a good day to do core work and some cross-training to give the body a chance to recover long day. Add swimming, biking, etc., but try to keep the intensity low.

Stretch daily after each run a minimum of 5 minutes and 3 days a week stretch 20 minutes ideally after your intensity day (Thursday), your long run day (Saturday) and your active recovery day.

~ January 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	**2**	**3**	**4**	**5**
6	**7**	**8**	**9**	**10**	**11**	**12**
13	**14**	**15**	**16**	**17**	**18**	**19**
20	**21** Team Fit Future Kickoff Meeting 6:00 p.m. Whole Foods Market 10601 San Jose Blvd.	**22** 4-5 miles	**23** 4 miles	**24** 3 miles easy	**25** Off	**26** 90 minutes base
27 Easy 20 minutes	**28** Active Recovery Shoe Fitting Clinic 1st Place Sports 6:00 p.m.	**29** 3miles	**30** 4 miles	**31** 45 minutes with 6x1 minute on/off	**Notes:**	

~ February 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Off Learn to "Eat Like an Athlete" and take a "Healthy Eating on a Budget" Tour Whole Foods Market 6:00 pm	**2** 1:45 Base Run
3 Easy 30 Minutes	**4** Active Recovery	**5** 4-5 Miles	**6** 4-5 Miles	**7** 50 mins. With 8X1 min. on/off	**8** Off	**9** 75 minute base run Head over to Whole Foods Market after your run for a free bagel!
10 Easy 30 Minutes	**11** Active Recovery Good Form Running Clinic 1st Place Sports 6:00 p.m.	**12** 4-5 Miles	**13** 4 miles	**14** 6x ½ Mile repeats	**15** Off	**16** 90 min base run
17 Easy 30 Minutes	**18** Active Recovery Boot Camp with Jackie 5:30 p.m.	**19** 5 Miles	**20** 5 Miles	**21** Easy 30 Minutes	**22** Off	**23** Race 5 Mile Event
24 Easy 30 Minutes	**25** Active Recovery	**26** 4-5 Miles	**27** 4-6 Miles	**28** 60 minutes w/10x1min on/off	**Notes:**	

~ March 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Off Healthy Cooking Demo Whole Foods Market 6:00 p.m.	**2** 90 min base run
3 Easy 30 minutes	**4** Active Recovery	**5** 4-6 miles	**6** 4-6 miles	**7** 6 miles w/6x 3 mins fast	**8** Off	**9** 1:45 base Head over to Whole Foods Market after your run for a free Health Starts Here Smoothie OR Coffee!
10 Easy 30 minutes	**11** Active Recovery	**12** 4-6 miles Boot Camp with Jackie 5:30	**13** 4-6 miles	**14** 4x1 mile	**15** Off	**16** 2 hour run w/2 x 20 mins tempo, 5 min jog
17 Easy 30 minutes	**18** Active Recovery	**19** 4 miles	**20** 4-6 miles	**21** 5 x 800 Flexibility Training following Group Run	**22** Off	**23** 1:30 base run
24 Easy 30 minutes	**25** Active Recovery Yoga in the Park	**26** 4-6 miles	**27** 4-6 miles	**28** 12 x 400	**29** Off	**30** 1:45 run as 1 hour easy, 30 min race pace, 15 min easy
31 Easy 30 minutes	**Notes:**					

~ April 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Active Recovery	**2** 4 miles	**3** 4 miles	**4** 5 miles w/6x2 mins for zip!	**5** Off Healthy Cooking Demo Whole Foods Market 6:00 p.m.	**6** Easy 30 mins.
7 Easy 30 mins at race pace midway	**8** Off	**9** 4 miles easy w/6 x 1 min fast	**10** 3 miles easy	**11** 2 miles with 5X 30 secs fast	**12** Rest	**13** SM SHANNON MILLER LIFESTYLE Women's 5k & Children's Fun Run
14	**15**	**16**	**17**	**18**	**19**	**20**
21	**22**	**23**	**24**	**25**	**26**	**27**
28	**29**	**30**	**Notes:**			