

EnduranceOnline Training for Marine Discovery 5K Running Race – 6 week program



Page

- 1 Program and Coach Introduction
- 1 Select and Receive Your Program
- 2 Establish Your Fitness
- 3 Sample Training Schedules for Beginner, Intermediate, Advanced
- 4 Sample of Additional Tips and Notes

EnduranceOnline Training is an essential tool for endurance athletes of all skill levels who seek an efficient and effective roadmap and motivator in preparing for an upcoming event or starting a training program.

Your Coach: **Terri Schneider**, recognized as one of the most experienced female multi-sport athletes and coaches in the world, creates EnduranceOnline Training schedules and content. She respects the time constraints on your busy life and develops training programs that are attuned to your fitness level, goals and aspirations within your sport. Your 6-week EnduranceOnline Training program is designed specifically for the Marine Discovery 5K Running Race. For more information on Terri check out www.terrischneider.net.

Select and Receive Your Program:

- Choose your level - Beginner, Intermediate, or Advanced. You can use the Sample 5K Training Schedules on Page 3 below to help determine which level to purchase.
- Then click on the appropriate Training Level selection on www.finishlineproduction.com where you'll register with active.com for your entry fee and training program.
- You will then receive your multi-week training schedules as well as information that will guide you in your training process.

Note: If you purchase the training program after March 29 start the program at the corresponding weeks out from the event in real time, i.e. if you start the program in the middle of April, jump into the program at 4 weeks to go so that your taper corresponds with the event date.



Establish Your Fitness Level

Below are some guidelines to help you establish your fitness level for the EnduranceOnline Training programs for Marine Discovery 5K Running Race. Remember that these are general guidelines designed to help you determine the most efficient starting place for your training.

If you fall in between fitness levels, look at the sample schedules for both levels in question. Match yourself to a level in which the first week of training most closely fits, *or is slightly less* than what you are currently doing. It's also important to consider your time commitment to training for your race and your goals for the race. For example: if the first week of the beginner schedule seems very easy, then consider purchasing the next level. However, if the intermediate schedule seems a little too much of a time commitment *and* your goals are to have fun and finish the event, then choose the easier level.

The Beginner level program is geared toward those who are new or relatively new to running and/or those who have training time constraints. If you are relatively new to running, you can do the workouts walk/running to ease yourself into the stress of a running program.

It's also important to note that the peak training weeks for each schedule set will be approximately a 25-35% greater work load (hours per week) than what the sample first week shows. The motive is to ease you safely into your program. Take your training time into consideration when choosing your fitness level.

Your current training schedule:

Beginner – You walk, run, or walk/run 0-3 days per week sometimes more sometimes less. Your sessions last between :15 and :30 minutes—sometimes more. Some weeks are consistent, and some are not. You have just started running or run/walking, have dabbled in one or several different sports and/or have done gym workouts for training. You may or may not have experience with running races. Your main goals are to be able to complete the event and have fun. You are either relatively new to endurance sports and/or you have a very tight schedule and minimal time to spend training.

Intermediate – You run 2-4 days per week sometimes more sometimes less. Your sessions vary in length but generally last between :15 and :40 minutes—sometimes more. You have been a runner for at least several months or have dabbled in running in the past. You may or may not have experience with run races. You would like to take your training and racing to the next level.

Advanced – You run 4-6 days per week. Your sessions vary in length but generally last between :20 minutes and 1:00 hours—sometimes more, sometimes less. Your training is consistent though you do miss workouts now and then. You have been an endurance athlete for over a year and have done some run events. You take your training seriously and would like to take your training and racing to the next level.

Race history:

Beginner – You may or may not have experience with run races.

Intermediate – You may or may not have experience with run races.

Advanced – You have experience with run races of 5K, 10K or longer.

Sample Schedule – Marine Discovery 5K Running Race - BEGINNER

Week 1

Monday

STRETCH - :15 – See information on Stretching in the Details and Notes of this Program

REST DAY

Tuesday

STRETCH - :15

WALK/RUN or RUN - :15 - (L1-L2) – Walk 3 min./run 1 min...for the duration of the walk/run. Or, run the entire workout at the levels indicated.

Wednesday

STRETCH - :15

WALK/RUN or RUN - :20 - (L2-L4) – Walk 3 min./run 1 min...for the duration of the walk/run. Do this on a hilly course. Walk/run each hill up to L4. Or, run the entire workout at the levels indicated.

Walking Lunges – 1x10 - See information on Plyometrics in the Details and Notes of this Program

Side-shuffle Lunges - 1x10 - See information on Plyometrics in the Details and Notes of this Program

Push-ups - 1x10 - Do men's or, knee push ups, whichever you can do and hold form

Ab crunches – 40

Thursday

STRETCH - :15

REST DAY

Friday

STRETCH - :15

WALK/RUN or RUN - :20 - (L1-L2) – walk 3 min./run 2 min...for the duration of the walk/run. Or, run the entire workout at the levels indicated.

Saturday

STRETCH - :15

Walking Lunges – 1x10

Side-shuffle Lunges - 1x10

Push-ups - 1x10

Ab crunches – 40

Sunday

STRETCH - :15

WALK/RUN or RUN – :30 - (L1-L2) – Walk 3 min./run 1 min...for the duration of the walk/run. Or, run the entire workout at the levels indicated.

In addition to Information on Stretching, Strength Training and more, each week of your program also comes with additional Running Tips and Notes. See a sample on Page 6.

Sample Schedule – Marine Discovery 5K Running Race – INTERMEDIATE

Week 1

Monday

STRETCH - :15– See information on Stretching in the Details and Notes of this Program

REST DAY

Tuesday

STRETCH - :15

RUN - :20 - (L1-L4) – Run at (L1-L2) for the first :08 min. Then do 2x2 min. intervals at L4. Walk 2 min. at L1 between each. Do the rest at (L1-L2).

Wednesday

STRETCH - :15

RUN - :20 - (L1-L2)

Walking Lunges – 2x10 - See information on Plyometrics in the Details and Notes of this Program

Side Shuffle Lunges – 2x10 - See information on Plyometrics in the Details and Notes of this Program

Push-ups – 2x10 - Do men's or, knee push ups, whichever you can do and hold form

Ab crunches - 40

Thursday

STRETCH - :15

RUN - :20 - (L1-L4) – Choose a hilly run route. Run at (L1-L2) for the first :10 min. Then do 2 hills of 2 min. in length with 2 min. recovery jog between each. Do the rest at (L1-L2).

Friday

STRETCH - :15

Walking Lunges – 2x10

Side Shuffle Lunges – 2x10

Push-ups – 2x10

Ab crunches - 40

Saturday

STRETCH - :15

RUN - :20 - (L1-L2)

Sunday

STRETCH - :15

RUN – :35 - (L1-L3) – Do the first 10 min. at (L1-L2). Then run 10 min. at (L3). Do the rest at (L1-L2).

In addition to Information on Stretching, Strength Training and more, each week of your program also comes with additional Running Tips and Notes. See a sample on Page 6.

Sample Schedule – Marine Discovery 5K Running Race – ADVANCED

Week 1

Monday

STRETCH - :15 – See information on Stretching in the Details and Notes of this Program

REST DAY

Tuesday

STRETCH - :15

RUN – :25 - (L1-L4) – Run at (L1-L2) for the first :08 min. Do 4x30 seconds at L4 with 1 min. recovery jog between each. Then do tempo running at L4 for :05 min. Do the rest at (L1-L2).

Walking Lunges – 2x15 - See information on Plyometrics in the Details and Notes of this Program

Side Shuffle Lunges – 2x15 - See information on Plyometrics in the Details and Notes of this Program

Push-ups – 2x15 - Do men's or, knee push ups, whichever you can do and hold form

Ab crunches – 60

WEIGHT TRAINING – 2 sets full body workout.

Wednesday

STRETCH - :15

RUN - :25 - (L1-L2)

Thursday

STRETCH - :15

RUN - :30 - (L1-L4) – Choose a hilly run route. Run at (L1-L2) for the first :10 min. Then do 4 hills of 2 min. at (L4) with 2 min. recovery jog between each at (L1). Do the rest at (L1-L2).

Walking Lunges – 2x15

Side Shuffle Lunges – 2x15

Push-ups – 2x15

Ab crunches – 60

WEIGHT TRAINING – 2 sets full body workout.

Friday

STRETCH - :15

RUN - :20 - (L1-L2)

Saturday

STRETCH - :15

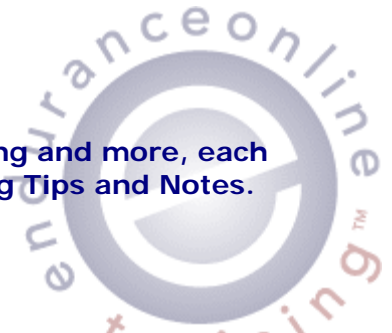
RUN - :30 - (L1-L2)

Sunday

STRETCH - :15

RUN – :40 - (L1-L3) – Do the first 10 min. at (L1-L2). Run 15 min. at (L3). Then run 5 min at (L4). Do the rest at (L1-L2).

In addition to Information on Stretching, Strength Training and more, each week of your program also comes with additional Running Tips and Notes. See a sample on Page 6.



In addition to Information on Stretching, Strength Training and more, each week of your program also comes with additional Running Tips and Notes. Below is a sample.

Run tips of the week:

Assess the running shoes you are currently using. How long have you been wearing them? Are there visible wear patterns on the soles and/or do you see considerable lines and creases in the mid-sole (the cushy material between the sole of the shoe and your foot)? If you are a consistent walk/runner and have had your shoes for 3 or more months, you are due for a new pair. Consider purchasing a new pair of shoes for these next 6 weeks of training. Go to a running store where the sales people will spend some time looking at your foot plant and walk/run patterns to find the correct shoe for you. Tell the sales person about your race goal to help them put you in the best shoe for you. Tell the sales person if you wear orthotics.

Come up with a positive-self-talk mental mantra for your Sunday run. Choose an aspect of your running that you wish to work on—i.e., “I am a smooth, fluid, runner” or “I am a strong, powerful, runner”. Make it a goal to say this at least 10 times during your run, especially when you feel yourself struggling a bit. Write down your mantra and post it by your bed and near your desk. Read it 3 times per day in addition to using it in your workouts. Place this mantra into your “mental tool box”, as a tool, ready to be used on race day.

Notes:

Commit to your training. Being busy is a reality for us all. Engaging in our training is a choice, and it's important to fit it into our schedules just like meetings, and personal appointments. Get your calendar out and schedule in your training for this week. The key is to not let anything else get in the way of those “personal appointments.” If we nurture ourselves with our training, we can give even more back in the other areas of our lives.

Consider your eating and drinking program for training and for your race. What have you been using in your longer training walk/runs? Have they worked? Experiment with the types of foods and fluids you ingest over the next few weeks of training, and how you will carry them during your long training sessions. Think of your body using calories like a car uses gas—small increments at frequent intervals. A rule of thumb for calories is 150-400 calories/hour depending on a person's body weight. Choose calories that you like and that are easy to digest. Always drink plain water along with any type of calories you take in.