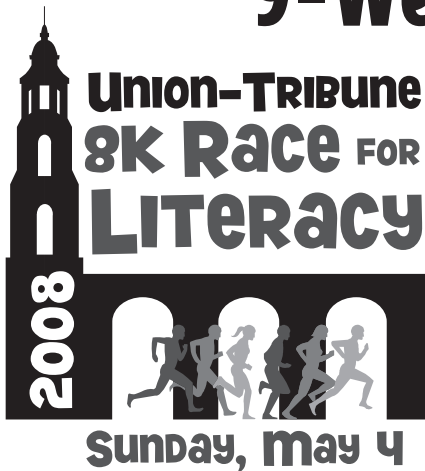


Union-Tribune 8K Race for Literacy

9-Week Training Schedule



Get ready for San Diego's favorite race!
Simply follow the schedule outlined below
and you'll be ready to go on race day.

Training Tips:

- ★ Train on alternate days, four days a week
- ★ Begin and end your session with 10 minutes of easy jogging to warm up and cool down.
- ★ Walkers can increase the time of their workouts by 25% (e.g. 40-minute run would be 50-minute walk).
- ★ Stretch after your workout when your muscles are warm.

Week 1 - March 3

- Day 1: Run 20 minutes easy.
- Day 2: Run 30 minutes easy.
- Day 3: Run 20 minutes easy.
- Day 4: Run 20 minutes easy.

Week 2 - March 10

- Day 1: Run 5 minutes at 80% effort.
(faster than your regular pace)
Jog/recover 3 min. Repeat 3 times.
- Day 2: Run 30 minutes easy.
- Day 3: Run 40 minutes easy.
- Day 4: Run 30 minutes easy.

Week 3 - March 17

- Day 1: Run 5 minutes at 80% effort.
Jog/recover 3 min. Repeat 3 times.
- Day 2: Run 25 minutes easy.
- Day 3: Run 45 minutes easy.
- Day 4: Run 35 minutes easy.

Week 4 - March 24

- Day 1: Run 5 minutes at 80% effort.
Jog/recover 3 min. Repeat 3 times.
- Day 2: Run 40 minutes easy.
- Day 3: Run 55 minutes easy.
- Day 4: Run 35 minutes easy.

Week 5 - March 31

- Day 1: Run 5 minutes at 80-85% effort.
Jog/recover 3 min. Repeat 3 times.
- Day 2: Run 30 minutes easy.
- Day 3: Run 55 minutes easy.
- Day 4: Run 30 minutes easy.

Week 6 - April 7

- Day 1: Run 5 minutes at 80-85% effort
Jog/recover 3 min.
Repeat 3 times.
- Day 2: Run 35 minutes easy.
- Day 3: Run 45 minutes easy.
- Day 4: Run 30 minutes easy.

Week 7 - April 14

- Day 1: Run 5 minutes at 80-85% effort.
Jog/recover 3 min. Run 2 min. at 85%
effort. Jog/recover 3 min. Repeat 3 times.
- Day 2: Run 35 minutes easy.
- Day 3: Run 50 minutes easy.
- Day 4: Run 35 minutes easy.

Week 8 - April 21

- Day 1: Run 2 minutes at 90% effort.
(Run hard but not a sprint.)
Jog/recover 3 min. Repeat 3 times.
- Day 2: Run 30 minutes easy.
- Day 3: Run 35 minutes easy.
- Day 4: Run 30 minutes easy.

Week 9 - April 28

- Day 1: Run 5 minutes at 88-90% effort.
Jog/recover 3 min.
Repeat 3 times.
- Day 2: Run 30 minutes easy.
- Day 3: Run 25 minutes easy.

May 4 - Race Day!