

HCC Foundation Challenge 5K Race Schedule:

#	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles	100 to 120 total miles
1	21-Aug 27-Aug	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA.	Rest or Cross-Training	Walk / Jog 5 min warm-up, run 2 miles. Tenable parking lot group run w/CA at 5:30pm.	Rest or Cross-Training	Rest or Cross-Training	Jog 5 min warm-up, dynamic stretches. Easy Run 3 to 3.5mi Cool down/stretch	Rest or Cross-Training	5 to 7	The first 4 weeks will be building a base to a 7 week training program.
2	28-Aug 3-Sep	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA	Rest or Cross-Training	Walk / Jog 5 min warm-up, run 2 to 3 miles. Tenable parking lot group run w/CA at 5:30pm.	Rest or Cross-Training	Rest or Cross-Training	Jog 5 min warm-up, dynamic stretches. Easy Run 3 to 3.5mi Cool down/stretch	Rest or Cross-Training	6 to 8	
3	4-Sep 10-Sep	Labor Day - No Monday Training	Rest or Cross-Training	Walk / Jog 5 min warm-up, run 2 to 3 miles. Tenable parking lot group run w/CA at 5:30pm.	Rest or Cross-Training	Rest or Cross-Training	Jog 5 min warm-up, dynamic stretches. Easy Run 3 to 3.5mi Cool down/stretch	Rest or Cross-Training	7 to 9	
4	11-Sep 17-Sep	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA	Rest or Cross-Training	Walk / Jog 5 min warm-up, run 2 to 3 miles. Tenable parking lot group run w/CA at 5:30pm.	Rest or Cross-Training	Rest or Cross-Training	Jog 5 min warm-up, dynamic stretches. Easy Run 3 to 3.5mi Cool down/stretch	Rest or Cross-Training	8.5 to 11	
5	18-Sep 24-Sep	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA	Rest or Cross-Training	Warm-up with 2 to 3 laps. Run 6 x 100 Meter with 100 Meter Slow jog. Cool down 2 to 3 laps. Tenable parking lot group run w/CA at 5:30pm.	Jog 5 min warm-up. Mod Run 2 to 3.0 mi Cool down/stretch.	Rest or Cross-Training	Jog 5 min warm-up Easy Run 3.5 to 4.0 mi Cool down/stretch	Rest or Cross-Training	8.5 to 11	Easy = 70 to 80% Effort (Example: If you can run a 9 min mile then this would be at an 11 min pace), able to speak 3 to 4 word sentences
6	25-Sep 1-Oct	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA	Rest or Cross-Training	Warm-up with 1 mile warm-up. Run 6 x 100 meters uphill with 100 Meter slow jog. 1 Mile Cool-Down. Tenable parking lot group run w/CA at 5:30pm.	Jog 5 min warm-up. Mod Run 2 to 3.0 mi Cool down/stretch	Rest or Cross-Training	Jog 5 min warm-up Easy Run 3.5 to 4.0 mi Cool down/stretch	Rest or Cross-Training	10.5 to 13	Mod = 80 to 90% Effort (Example: same 9 min mile, this would be run at 10 min pace) and hillwork.
7	2-Oct 8-Oct	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA	Rest or Cross-Training	Warm-up with 2 to 3 laps. Run 3 to 4 x 200 Meter with 200 Meter Slow jog. Cool down 2 to 3 laps. Tenable parking lot group run w/CA at 5:30pm.	Jog 5 min warm-up. Mod Run 2.5 to 3.5 mi. Cool down/stretch.	Rest or Cross-Training	Jog 5 min warm-up Easy Run 4 to 4.5 mi Cool down/stretch	Rest or Cross-Training	12 to 14.5	Wednesday Track / Hill Workout = 90 to 100% Effort (Generally running intervals at 10 - 15% faster than mile pace by end)

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8	9-Oct	15-Oct	HCC Athletic & Fitness Fields 5:30 pm Group Run 1, 2 or 3 miles with CA	Rest or Cross-Training	Warm-up with 1 mile warm-up. Run 4 to 6 x 200 meters uphill with 200 Meter slow jog. 1 Mile Cool-Down. Tenable parking lot group run w/CA at 5:30pm.	Jog 5 min w/up Mod Run 3 to 4 mi Cool down/stretch	Rest or Cross-Training	Jog 5 min warm-up Easy Run 4.5 to 5.0 mi Cool down/stretch	Rest or Cross-Training	13.5 to 16	Cross-Training can be anything from yoga, cycling, weight bearing exercise, or swimming. It can involve any of the CA group classes offered at all gyms.
	16-Oct	22-Oct	HCC Athletic & Fitness Fields 5:30 pm - practice course run.	Rest or Cross-Training	Track Workout: Warm-up with 2 to 3 laps. Cool down 2 laps. HCC Athletic & Fitness Fields 5:30 pm - practice course.	Jog 5 min w/up Mod Run 3.5 to 4.5 mi Cool down/stretch.	Rest or Cross-Training	Jog 5 min w/up Easy Run 5 to 5.5 mi Cool down/stretch	Rest or Cross-Training	15 to 17.5	
	23-Oct	29-Oct	HCC Athletic & Fitness Fields 5:30 pm - practice course run.	Rest or Cross-Training	Warm-up with 1 mile run. 1 Mile Cool Down. HCC Athletic & Fitness Fields 5:30 pm - practice course run.	Jog 5 min w/up Mod Run 3.5 to 5.0 mi Cool down/stretch	Rest or Cross-Training	Jog 5 min warm-up Easy Run 5 to 5.5 mi Cool down/stretch	HCC 5K Challenge Race	15 to 18.5	
<p>TRAINING NOTES: Remember to loosen up and warm up before exercise. Do a 5 minute brisk walk or 5 minute easy jog to begin, then incorporate dynamic stretching. Then do your workout as outlined on your weekly plan. Stretch and (or) foam roll after each workout to keep your body flexible and avoid injury. Aim to get four days of training each week. If you don't make four, don't give up. But always do at least three days. Training program developed by Howard County Striders Next Step Program and adapted by Howard County Striders President, Donnie Chapman. This program may not be duplicated by any other organizations other than HCC Foundation. Beginning this program assumes each participant has been cleared by a medical doctor to begin a 5k training program.</p>											