



Special Kids Race Training Plan – 12 weeks to 5k

Week beginning:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21-Jan	off	off	W-J 10 min	off	cycle 15 min	off	W-J 10 min
28-Jan	off	off	cross 20 min	off	cycle 15 min	off	W-J 15 min
4-Feb	off	off	cross 20 min	off	cycle 20 min	off	W-J 20 min
11-Feb	cycle 15 min	off	cross 25 min	off	cycle 15 min	off	Jog 20 min
18-Feb	cycle 15 min	off	cross 25 min	off	cycle 20 min	off	W-J 25 min
25-Feb	cycle 15 min	off	cross 25 min	off	cycle 25 min	off	W-J 30 min
4-Mar	cycle 15 min	off	cross 30 min	off	cycle 25 min	off	Jog 30 min
11-Mar	cycle 15 min	off	cross 30 min	off	cycle 35 min	off	W-J 35 min
18-Mar	cycle 15 min	off	cross 30 min	off	cycle 35 min	off	Jog 35 min
25-Mar	cycle 15 min	off	cross 30 min	off	cycle 30 min	off	W-J 45 min
1-Apr	cycle 15 min	off	cross 30 min	off	cycle 30 min	off	Jog 30 min
8-Apr	cycle 10 min	off	cross 10 min	off	cycle 10 min	off	SK Race Day!!

Special Kids Race Training Plan – 12 weeks to 15k

(You need to be able to run/jog at least 3 miles starting this plan)

Week beginning:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21-Jan	cycle 15 min	off	run 3 miles	off	cross 15 min	off	run 4 miles
28-Jan	cycle 15 min	off	run 3 miles	off	cross 15 min	off	run 4 miles
4-Feb	cycle 15 min	off	run 3 miles	off	cross 20 min	off	run 5 miles
11-Feb	cycle 20 min	off	run 4 miles	off	cross 20 min	off	run 5 miles
18-Feb	cycle 20 min	off	run 4 miles	off	cross 20 min	off	run 6 miles
25-Feb	cycle 20 min	off	run 4 miles	off	cross 25 min	off	run 6 miles
4-Mar	cycle 20 min	off	run 5 miles	off	cross 30 min	off	run 7 miles
11-Mar	cycle 20 min	off	run 5 miles	off	cross 30 min	off	run 7 miles
18-Mar	cycle 20 min	off	run 5 miles	off	cross 30 min	off	run 6 miles
25-Mar	cycle 20 min	off	run 4 miles	off	cross 30 min	off	run 8 miles
1-Apr	cycle 20 min	off	run 4 miles	off	cross 30 min	off	run 5 miles
8-Apr	cycle 15 min	off	run 5 miles	off	cross 15 min	off	SK Race Day!!

Special Kids Race Training key:

- Cycle:** stationary cycling, spin class, etc. Keep resistance medium to low and focus more on faster pedal revolutions.
- Cross:** cross-training could include swimming (laps), aerobics class, yoga, body sculpting, etc. This is designed to work your cardiovascular system as well as give your running legs a break. These activities work together to enhance your overall health and fitness and support your running fitness level.
- W-J:** W-J means walk-jog. Do not hesitate to throw some walk breaks into your training. An example is: jog for the length of two power poles and walk two. As you feel more comfortable, jog three poles and walk one. You can continue to change that ratio as you get stronger. Work up to jogging 10 poles and walking one pole.
- Run:** Your training runs should be run at a comfortable pace. A comfortable pace is one in which you can carry on a conversation while you are running. Also, I encourage folks to add in walk-breaks to their running regimen. You can see the examples above in the W-J section.

Saturday long runs:

Be sure to take on prior to, during and after your long runs. These long runs are meant to develop your strength and endurance that will be required for your Special Kids Race! One fun idea is to do these long runs with a group of friends. Another idea is to run point to point, that is finishing at a different location than where you started. Running sections of the greenway is a great option for these runs. Also, you can talk someone into dropping you off and picking you up and then you can have a healthy meal together to celebrate your training run!

Additional help?

If you need additional help beyond this training schedule, please do not hesitate to contact us at Special Kids Race. We want to see each person

succeed and have a fantastic day on April 8, 2017.