

Fair Oaks Sun Run

AKA "THE CHICKEN RUN"



Training Schedule

The following 5-Mile training program is brought to you by Capital Road Race Management, race organizer for the 2018 Fair Oaks Sun Run aka "The Chicken Run". This 10-week training schedule is designed for a beginner/intermediate runner. For our purposes, a beginner runner can currently run/walk for 20 minutes or more without stopping. You'll notice a mileage range for each workout. We leave it up to you to determine where you fit in based on your current fitness level. Finally, you'll notice three dates on the schedule (March 21, April 11 and April 25) where we will host complimentary training sessions for the event. March 21st and April 11th are hill repeat workouts and April 25th will be a Fair Oaks Sun Run course preview workout. Our meeting location is at the Scandanavian Designs Parking Lot (at the corner of Sunrise Blvd. and Winding Way – 4301 Sunrise Blvd., Fair Oaks, CA 95628) at 6:15pm. We hope you can join us for one, two or all three of these workouts.

Please keep the following in mind when embarking on this program:

- **Be patient** – Fitness gains will not come overnight.
- **For most workouts, you should walk/run at a pace that allows you to talk comfortably, but fast enough to gain fitness.** The Wednesday workouts will be the exception as you'll run at a higher effort level on these workouts.
- **Keep it fun** – Encourage a friend to train with you. Run in different places or at different times of the day.
- **When training on a treadmill, set the elevation to 1%** to equate to outdoor running.
- **A cornerstone of any good training plan is hill training.** Whether training for a hilly race like the Fair Oaks Sun Run or for a flat 5k, hill training will improve your strength and speed.
- **Listen to your body.** Your own intuition is your best coach. Take an extra day off if you're feeling tired or rundown. However, don't confuse tiredness with laziness. Stay consistent. Remember, walking out the door is sometimes the hardest part of the run.
- **Don't put time pressures on yourself.** The Fair Oaks Sun Run 5-Miler is a challenging course. We suggest setting a time this year and coming back next with the goal of improving your time.

We hope you find these hints and the following schedule helpful in training for and participating in the 2018 Fair Oaks Sun Run aka "The Chicken Run."

2018 Fair Oaks Sun Run

5 Mile Training Schedule



Week	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
2/25	2-4 mi.	off	2-5 mi.	off	2-5 mi.	off	2-5 mi.
3/4	3-6 mi	off	2-5 mi.	0-5 mi.	3-5 mi.	off	3-6 mi.
3/11	3-7 mi.	off	3-6 mi.	2 mi easy (70%), 2-3 mi @ 85% effort, 1-2 mi easy (70%)	0-4 mi.	off	3-6 mi.
3/18	4-8 mi.	off	3-5 mi.	1.5 mi easy, * 2-3 x 200 yd hill repeats & 2-3 x 400 meter hill repeats, recovery is jog down the hill or equal time if on treadmill, grade is 6% & effort at 90% max heart rate or effort 1.5 mi easy cool down	0-6 mi.	off	3-6 mi.
3/25	4-8 mi.	off	3-6 mi.	2 mi easy (70%), 2-4 mi @ 85% of max effort, 1-2 mi easy cool down	3-5 mi.	off	3-6 mi.
4/1	5-9 mi.	off	3-6 mi.	2 mi easy (70%), 10-15 x 30 second pickups within a 2-4 mi run, 1-2 mi easy cool down. (Pickup pace is equal to your 5k race pace)	0-5 mi.	off	3-6 mi.
4/8	6-10 mi.	off	2-4 mi.	1.5 mi warm up, * 2-3 x 1 mi. repeats w/ uphill and downhill @ 90% of max effort and 2 min jog recovery, 1.5 mi cool down	0-4 mi.	off	3-6 mi.
4/15	6-10 mi. w/ 3-4 mi. in the middle @ 85% of max effort	off	3-5 mi.	2 mi. warm up, 3 min hard, 3 min easy, 2 min hard, 2 min easy, 1 min hard, 1 min. easy repeat 1-2 times (hard = 90-95% of max effort) 1-2 mi. cool down	0-5 mi.	off	3-6 mi.
4/22	7-11 mi.	off	3-5 mi.	½ mi. warm up, 5 mi.* course preview at 80% max effort, ½ mi cool down	3-5 mi.	off	3-6 mi.
4/29	5-8 mi.	off	2-4 mi.	2 mi warm up, 2 - 3 x 1 mi repeats @ 90% w/ 1/4 mi. recovery jog in between 1-2 mi. cool down	3-4 mi.	off	2-3 mi.
5/6	RACE DAY GOOD LUCK!						