

PROGRAM DESCRIPTIONS

OVERVIEW

RUNNING This 11-week training program is designed to prepare runners for a ½ Marathon (13.1 miles) in late August (rescheduled KDF miniMarathon on 8/22). It features 4-6 days of running every week, consisting of a variety of workouts that each play their part in helping you achieve peak performance on race day. Remember to use this calendar as a guideline – be flexible with your routine and make adjustments to best accommodate your schedule. Not interested in running a ½ Marathon? No problem! You can use the framework of this program to train for other distances (5k, 10k, etc.) or simply to stay active.

LEVEL 1 Beginner – For those that are relatively new to running or have not yet completed the ½ Marathon distance. Lower weekly mileage and intensity.

LEVEL 2 Intermediate/Advanced – For our avid runners that regularly compete in races and have at least one ½ Marathon under their belt. Higher weekly mileage and intensity.

STRAVA We strongly encourage you to download Strava and join one of our Fitness Center Run Clubs. Note that there is a free and premium version, you only need the former to become a member and access our club page. Strava will track your runs/activities, provide analytics and allow you to socialize with other members. Our club page will provide weekly leaderboards, running-related posts and additional instruction for each workout that is listed on the calendar. Link to club pages: *Wel at Humana Run Club*, *Wel at Humana Clocktower Run Club*, *Humana Health and Fitness Centers - Green Bay Run Club*, *Humana Health and Fitness Centers - Springdale Run Club*, *Humana Health and Fitness Centers - Miramar Run Club*.

STRENGTH TRAINING In order to stay healthy and injury free it is important to strength train. This helps to encourage proper form and running dynamics especially when fatigue sets in. Without proper strength training and recovery, running has the potential to have a net wear and tear effect on the body since it is a high impact exercise with repetitive movements in the same plane of motion.

Thus, we encourage participants to commit to strength training at least 2 days per week. Suggestions include our virtual Group Exercise classes via Instagram Live or Zoom, EXOS at Home livestream strength classes, or following a Coach-Built Plan hosted digitally through BridgeAthletic.

RUNNING

EASY RUN Easy days are just as important for improving running performance as workout days. This should be a comfortable pace with a rate of perceived exertion (RPE) around 2-5, on a scale of 1-10 (1=minimal effort, 10=maximum). Note: This should be "conversational pace" – use the talk test! If you are having difficulty speaking, slow down.

SPEED/HILLS (INTERVALS) Energy System Development (ESD) style speed work or hill repeats. This day is designed to help members develop and tap into all their energy systems. Working in all three zones (low, moderate, and high intensity) will help to develop speed, power, and efficiency. This type of interval training is much more effective and time efficient than traditional/steady state cardio and is optimal for body composition goals.

TEMPO The tempo run is a continuous effort that starts with an easy warm up before gradually building up into a moderate pace (RPE: 6-8) in the middle of the run. The workout will conclude with an easy cool down, similar to the warm-up pace.

HIIT & RUN A high intensity interval training workout that alternates between running intervals and a strength circuit to develop speed and strength. These workouts are designed to help with running performance, posture, and efficiency. Note that is an optional workout, thus labeled "Challenge". Participation should be considered as an additional day of strength training.

ACTIVE RECOVERY/EASY RUN This is a designated active recovery day with an option to participate in Humana's 100 Day Dash (Humana associates). Examples of active recovery activities include cycling, swimming, hiking, yoga, etc. For those looking for additional mileage, you can complete an easy run. To learn more about the Dash, be sure to check out [go/100DayDash](#) and the 100 Day Dash Buzz group.

LONG RUN The long run is a staple to long distance running and training. This run is included to help develop endurance and it is progressive in nature. In a training cycle, as time goes on the long run gradually increases to help runners adapt to the longer distances. These runs don't need to be very fast; the goal is to keep moving for longer periods of time.

STRENGTH

INSTAGRAM LIVE Follow [@welathumana](#) to view our weekly schedule and to join our Live classes. Our class recommendations include Bootcamp, Tabata and Sports Performance.

ZOOM We also offer a robust virtual class schedule via Zoom. Recommendations include Bootcamp, Barre, Full Body HIIT, Tabata and PiYo. The class schedule, meeting IDs and passwords can be found on our Group Exercise calendar.

EXOS AT HOME is a health and wellness platform that offers a weekly livestream class schedule, blog posts and videos to keep you on track, a Coach-Built Plan (for Humana associates) and other resources to keep you active and healthy during this time.

Class recommendations include the 30-min Bodyweight Metabolic Workout, 55-min Sport Performance Workout and 40-min Strength Workout. Visit <https://www.exosathome.com/livestream-schedule> for the full schedule.

The Coach-Built Plan is available to all Humana associates. To get started, visit <https://coachconsult.teamexos.com/>

ADDITIONAL RESOURCES

COACH'S CORNER Join us on Mondays at 3 pm on ZOOM as we take time to highlight a key workout or discuss other running-related topics. We'll conclude the chat with a brief Q&A to address any questions about the week of training ahead or any other questions you may have.

FUELING TIPS FROM THE DIETITIAN We're fortunate to have our Performance Dietitian, Heather Leger, on our side to help fuel our training! Be on the lookout for her posts on our Strava club page every Wednesday as she shares tips to help optimize your performance.