

PROGRAM DESCRIPTIONS

OVERVIEW

RUNNING This monthly training program is designed to prepare runners for 5k/10k distances. It features 4-5 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 5k/10k? No problem! You can use the framework of this program to train for other distances or simply to stay active.

LEVEL 1 Beginner – For those that are relatively new to running or have not yet completed a road race. Lower weekly mileage and intensity.

LEVEL 2 Intermediate/Advanced – For our avid runners who consistently run several times a week and/or regularly compete in races. Higher weekly mileage and intensity.

STRAVA We strongly encourage you to download Strava and join the *Wel at Humana Run Club* if you have not already done so. Note that there is a free and premium version - you only need the free version 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 page: <https://www.strava.com/clubs/runwel>

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 (INTERVALS) Energy System Development (ESD) style speed work. 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.

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.

CROSS TRAIN Examples of cross training activities include cycling, swimming, hiking, yoga, etc. For those looking for additional mileage, you can complete an easy run.

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.

STRENGTH

INSTAGRAM LIVE Follow us [@welathumana](https://www.instagram.com/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 Fitness 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/>

FUEL YOUR WORKOUTS

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.