

PROGRAM DESCRIPTIONS

OVERVIEW

WHAT TO EXPECT This training program is designed to prepare runners for 5K/10K distances. 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 race? No problem! You can use the framework of this program 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. Typically runners averaging over 10 min/mi pace with some exceptions for more experienced runners.

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. Typically, runners averaging at or below 9 min/mile pace but we encourage newer runners to start at Level 1 and then work up to the higher Level 2 mileage.

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 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 page: <https://www.strava.com/clubs/runwel>

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.

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.

CROSS TRAIN An easier cardio day using a different type of exercise such as swimming, biking, rowing, elliptical, or a cardio based group exercise class. Focus on keeping the intensity low/moderate (RPE 3-7).

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

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 by following a Coach-Built Plan hosted digitally through BridgeAthletic.

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, Beginner Strength, Total Body HIIT, and Tabata.

ADDITIONAL RESOURCES

COACH'S CORNER Join us every other Tuesday at 2 pm on ZOOM as the coaching staff takes time to highlight keys to success and discuss other exercise-related topics. Participation is encouraged so please feel free to ask questions!

EXOS BLOG Take a holistic approach to your training. To learn more about our four pillars of Mindset, Nutrition, Movement, and Recovery, you can visit our blog and browse by topic.

Link to blog: <https://blog.teamexos.com/>