

# TRAINING WEEK 1

Visit [runtucson.net](http://runtucson.net) for more!

## MONDAY: MILERS

### Out & Back Walk or Run

Go out for 10 minutes and come back the same way just a little bit faster. This is not an all out effort on the way back, just finish strong.

## MONDAY: 5K RUNNERS

### Out & Back Run

Go out for 20 minutes and come back the same way. Make the second half stronger than the first.

## WEDNESDAY: MILERS

### Repeats: 200 meters x 4.

Warm-up with 5-10 minutes of brisk walking. Run for 200 meters or 1 minute at a steady pace with 1-minute walking breaks between. Do this 4 times. Cool down with 5-10 more minutes of walking.

## WEDNESDAY: 5K RUNNERS

### Repeats: 200 meters x 8

Warm-up with at least 10 minutes of easy running. Run moderately-hard for 200 meters or 1 min. with a 200 meter walk or jog between. Do this 8 times. Cool down with at least 10 minutes of easy running.

## FRIDAY: MILERS

### 1 Mile Time Trial

Warm-up with 10 minutes of walking or easy running. Run or walk 1 mile at a moderately hard effort and keep track of your time. Cool down with 10 minutes of walking or easy running.

*\*You can add your results to our Google sheet if you want.*

## FRIDAY: 5K RUNNERS

### 5K Time Trial

Run 5K (3.1 mi.) at a comfortably hard effort for time. Warm-up and cool down with at least 5 minutes of easy running before and after.

*\*Add your result to our Google sheet if you want.*