



INJURY PREVENTION

SHOES

Finding the right running shoes for you is very important before starting a new running program as your choice in footwear can lead to success or a slew of injuries. Most common running surfaces such as concrete or asphalt tend to be very unforgiving on our bodies. It is recommended to purchase shoes based on your foot shape and what kind of running you intend on doing. You should be changing your shoes every 450–600 miles, as they tend to wear down over time. A good rule of thumb when trying shoes on is to make sure that there is at least ½ inch of space in between your toe and the toe box of the shoe (Health, 2019). The ramp of a running shoe can be important to note when deciding what shoe to choose. For some injuries such as Achilles Tendonitis ramp height can be the difference between being injured or not. The lower the ramp the more load is put on the lower leg. If you are new to running or just getting back in the swing of things you may want to opt for a shoe with a taller ramp to allow your body to ease back into the load (Injury Prevention: Common Running Injuries, 2021). Many different shoe retailers have certain modalities that can help you find a shoe that is perfect for you and your running journey.

PROPER WARMUP

Warming up for a run is more important than some people might think. Integrating 5–10 minutes of a dynamic stretching routine before a run can change how your body reacts to the stress a run puts on it. When you're sitting or in one position for a while your muscles tend to contract but when you start running they stretch. If you go from sitting to immediately getting up and running you aren't giving your muscles enough time to stretch at a healthy pace. This increases risk of injury as muscles aren't nearly as prepared to handle stress as they would be if they had been stretched prior. This is why dynamic stretching is so important as it allows the body to gradually get to a state where it is ready to exercise. A list of warmup activities can be found in the workout section of the program.

SOME EXAMPLES INCLUDE:

- LEG SWINGS • ARM SWINGS • GLUTE ACTIVATION • SIDE LUNGES

(Macmillan, 2021)

PROPER COOLDOWN/REST & RECOVERY

Warming up is important for preventing injuries, on the flip side of this so is cooling down. After a run it is important to let your heart rate slow down with a slow jog or a light walk. After allowing your heart rate to return to a more relaxed state you can incorporate static stretching into your cooldown. Static stretching while your muscles are still warm after a bout of exercise. Static stretches can help increase flexibility and decrease soreness. Similarly to the dynamic stretches in the warmup a list can be found in the workout section of the program.

SOME EXAMPLES INCLUDE:

- SEATED HAMSTRING STRETCH • STANDING CALF STRETCH • ARM CROSS BODY

(Hoonan, 2021)

COMMON INJURIES & HOW TO TREAT THEM

1. ILIOTIBIAL (IT) BAND FRICTION SYNDROME (Running Injuries, n.d.)

- a. Pain from this is usually felt around the hip or on the outside of the knee and tends to be caused by weak gluteus muscles. You may find that you feel this pain more when walking down the stairs or downhill. The IT band is a long portion of tissue that extends from your glutes to the upper portion of your shin. Treatment may involve:
 - i. Stretching
 - ii. Foam rolling
 - iii. Exercises to strengthen muscles of the lower body including:

1. Gluteal Muscles
2. IT band
3. Hamstrings

2. STRESS FRACTURE (Running Injuries, n.d.)

- a. Pain from a stress fracture tends to be described as a sharp pain directly felt in the bone with every step. Typically this is an injury caused by overuse, common with the repetitive strain running puts on the bones of the lower body. Sometimes dietary factors can play a role if a person is not consuming enough calcium in their diet. This is something to get treated sooner than later so that the fracture doesn't become a bigger break. Treatment may involve:
 - i. Wearing a cast and using crutches
 - ii. Surgery (for more serious breaks)

3. RUNNER'S KNEE (Running Injuries, n.d.)

- a. Pain from this usually surrounds the kneecaps or just under them and is described as feeling tender. This is usually worsened when using stairs, squatting, kneeling or sitting with legs crossed. There are different causes for this injury including imbalances of the quadricep muscles, issues within the feet such as flat feet or abnormal alignment of the leg bones. Treatment may involve:
 - i. Rest
 - ii. Anti-inflammatory medications
 - iii. Stretching
 - iv. Strengthening of the quadricep muscles
 - v. Steroid injections
 - vi. Hyaluronic acid injections
 - vii. Platelet-rich plasma injections

4. SHIN SPLINTS, MEDIAL TIBIAL STRESS SYNDROME (Injury Prevention: Common Running Injuries, 2021)

- a. Pain from this injury is commonly described as a dull soreness or tenderness along the shin bone. Typically it is felt on the front of or on the inner portion of the shinbone. There are two main causes for this. Either the volume of your training program has increased too quickly or you have a slow cadence (number of steps taken in a minute). A slower cadence increases the demand placed on the lower portion of the leg. Treatment may involve:
 - i. Increasing your cadence
 - ii. Single leg heel raises
 - iii. Stretching
 - iv. Rest (allowing adequate time for the affected leg to heal)

5. PLANTAR FASCIITIS (Injury Prevention: Common Running Injuries, 2021)

- a. Pain from this injury is commonly felt in the arch of the foot or the heel. It has been described as a stabbing pain as if you stepped on a nail or a dull pain that is worse in the morning. Some other symptoms can include tight calves, bone spurs or micro tears in the tissue of the foot. Plantar fasciitis is typically caused by an increase in activity with poor footwear. Treatment may involve:
 - i. Soleus calf stretch
 - ii. Single leg heel raises
 - iii. Anti-inflammatory medications

6. ACHILLES TENDINITIS (INJURY PREVENTION: Common Running Injuries, 2021)

- a. Pain from this injury has been described as a dull ache or sharp pain just above the heel. This pain typically occurs when mileage is increased too fast or speed workouts have been included in a training regimen before the Achilles tendon is strong enough to tolerate it. Occasionally pain in the tendon can also be caused by a change in footwear. Refer to the information above about proper running shoes for you. Treatment may involve:
 - i. Rest
 - ii. Eccentric heel raises
 - iii. Soleus calf stretch
 - iv. Changing shoes



NUTRITION

It is important to fuel your body before, after and even during a long run. Your body needs fuel from carbohydrates and fats to be able to work efficiently. Carbohydrates are especially important as the body breaks them down into glucose which the body then uses for fuel. When training for a long period of time the amount of glucose your body has to work with gets depleted which is why fueling your body with the proper nutrition before, during and after your training session or race is so important. Carbohydrates are most important before a training session but making sure that you are eating a balanced diet including healthy fats and protein.

SOME EXAMPLES OF HEALTHY FATS INCLUDE:

- SEEDS • NUTS • FATTY FISH • HUMMUS • AVOCADOS

SOME EXAMPLES OF GOOD PROTEIN SOURCES INCLUDE:

- MEAT • CHICKEN • FISH • EGGS • DAIRY PRODUCTS • TOFU • BEANS

(Pronschinske, 2023)

HYDRATION

Hydration is the key to staying healthy and maximizing performance goals. Water is essential for so many different aspects of your body's overall health. As it pertains to running water helps keep your joints lubricated, reduces heat stress and prevents dehydration which can make you feel tired and sluggish. Being hydrated can also aid in recovery, injury prevention and prevention of cramps. When we run the temperature of our bodies increases which leads us to produce sweat in an effort to cool down. As we sweat our bodies lose water and electrolytes which can quickly lead to dehydration presenting as headaches and cramps. If you find you have trouble staying hydrated throughout the day try to keep a water bottle nearby and incorporate more fruit into your diet.

FOR HYDRATION THAT IS SPECIFIC TO SOMEONE PLANNING TO GO OUT FOR A RUN A GOOD PLAN COULD LOOK SOMETHING THAT THIS:

- Have 2 cups of water (16 ounces) roughly 2 hours before a run, best paired with a snack or meal
- Have 1 cup (8 ounces) of water about 15 minutes before you begin running
- If you are running for longer than an hour you should be staying hydrated at regular intervals. (The amount of water needed during a run varies from individual to individual depending on sweat rate)
- After a run try to get in another 2 cups (16 ounces) with your choice of post-run snack/meal (Health & Health, 2023)

PRE-RUN

If possible, eating a full meal filled with healthy carbs and protein about 2-3 hours before you head out for a run is ideal. If a meal within this window isn't attainable a quick snack about 30 minutes before you head out for a run can be just as much of a fuel source. It is recommended that you find a snack that is easy to digest and is primarily carbohydrates.

SOME SNACK RECOMMENDATIONS INCLUDE:

- BANANAS • APPLESAUCE • PRETZELS • WHITE BREAD • POTATOES

(Eidel, 2022)

DURING YOUR RUN

Eating while running may sound silly but if you plan to be running for more than an hour, fueling during your workout is important. What you're looking for during your run is something that will quickly boost your blood glucose levels. You want your body to absorb carbohydrates fast so that sugars can be sent into your muscles. It is important to try different foods to figure out what your body can best tolerate.

SOME OPTIONS FOR MID RUN FUEL INCLUDE:

- GEL TUBES • SPORTS CHEWS • FRUIT DROPS • COOKIE LIKE WAFFLES

(Noonan, 2024)



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POST-RUN

After a run it is important to fuel your body just as it is important to fuel your body before a run. Having a snack after a run helps to refuel glycogen stores and helps aid in recovery when it comes to rebuilding muscles that underwent stress. Making sure whatever you choose to eat after a run is packed with complex carbohydrates and protein is the way to go.

SOME OPTIONS FOR A POST RUN SNACK INCLUDE:

- PEANUT BUTTER AND BANANA
- EGG ON TOAST
- SANDWICH (DELI MEAT PREFERABLY)
- PASTA WITH MEAT
- PLANT-BASED PROTEIN
- VEGGIE BURGER WITH A BUN
- PROTEIN SHAKE
- SMOOTHIE

(Eidel, 2022)

WORKOUTS

TRAINING FOR A 10K (6.2 MILES)

Running a 10K is no easy feat and you shouldn't treat it as such! Listening to your body and allowing yourself the time to properly prepare is very important. Running 6.2 miles in one go does require some training beforehand so your body can properly build up endurance and minimize risk of injury. Make sure to know your limits, pushing yourself too hard will only result in injury and set you back further. Starting out at a pace that feels comfortable is important before trying to increase the length or speed of your training right out of the gate. Within enough time and practice your body will start to adapt to the stressors being placed on it. Having a structured plan can help prevent injury and allow the body enough time to acclimate to the work you are asking it to do. Overall throughout your training experience remember to listen to yourself and treat yourself well (10K Training Plan, 2026).

NONTREADMILL/OUTDOOR

BEGINNER

SCHEDULE SET SUNDAY-SATURDAY

WEEK 1:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 20 Minutes
- Effort: 3/10
- Day 3: Walk
- Length: 3 Miles
- Day 4: Cross Train
- See YMCA class offerings attached
- Day 5: Speed/Interval
- 8 x 30sec/90sec
- 30sec run followed by 90sec walk
- Effort: 8/10
- Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 3 Miles
- Time Goal: N/A
- Effort: 5/10

WEEK 2:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 25 Minutes
- Effort: 3/10
- Day 3: Walk
- Length 3 Miles
- Day 4: Cross Train
- See YMCA class offerings attached
- Day 5: Speed/Interval
- 10 x 30sec/90sec
- 30sec run followed by 90sec walk
- Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 4 Miles
- Time Goal: N/A
- Effort: 5/10



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WEEK 3:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 30 Minutes
- Effort: 3/10 Day 3: Walk
- Length: 4 Miles Day 4: Cross Train
- See YMCA class offerings attached Day 5: Hills
- 4 x 30-45sec
- Run up hill for 30-45 seconds
- Walk/Jog back down hill + rest for 60-90sec Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 5 Miles
- Time Goal: N/A
- Effort: 5/10

WEEK 4:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 35 Minutes
- Effort: 3/10 Day 3: Walk
- Length 4 Miles Day 4: Cross Train
- See YMCA class offerings attached Day 5: Hills
- 6 x 30-35sec
- Run up hill for 30-45 seconds
- Walk/Jog back down hill + rest for 60-90sec Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 5.5 Miles
- Time Goal: N/A
- Effort: 5/10

WEEK 5:

Day 1: Rest

Day 2: Easy Run/Jog Including Hills

- Length: N/A
- Time: 35 Minutes
- Effort: 3/10 Day 3: Walk
- Length: 5 Miles Day 4: Cross Train
- See YMCA class offerings attached Day 5: Speed/Interval
- 8 x 1min/1min
- 1min run followed by 1min walk Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 5 Miles
- Time Goal: N/A
- Effort: 5/10

WEEK 6:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 30 minutes
- Effort: 3/10 Day 3: Walk
- Length: 5 Miles Day 4: Cross Train
- See YMCA class offerings attached Day 5: Speed/Interval
- 10 x 30sec/90sec
- 30sec run followed by 90sec walk Day 6: Rest

Day 7: Slow Pace, Long Run

- RACE DAY! (6.2 Miles)



YMCA OF GREATER SPRINGFIELD

INTERMEDIATE

SCHEDULE SET SUNDAY-SATURDAY

WEEK 1:

Day 1: Rest

Day 2: Easy Run

- Length Goal: 3 Miles
- Time: 30 Minutes
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 45 Minutes
- Effort: 5/10 Day 5: Speed/Interval
- 5 x 3min/2min
- 3 minutes running/2 minutes walking Day 6: Rest

Day 7: Long Run

- Length: 4 Miles
- Time Goal: 38-42 Minutes
- Effort: 7/10

WEEK 2:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 3.5 Miles
- Time: 35 Minutes
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 45 Minutes
- Effort: 5/10 Day 5: Speed/Interval
- 6 x 2min/2min
- 2 minutes running/2 minutes walking Day 6: Rest

Day 7: Long Run

- Length: 5 Miles
- Time Goal: 45-50 Minutes
- Effort 7/10

WEEK 3:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 4 Miles
- Time: 40 Minutes
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 50 Minutes
- Effort 5/10 Day 5: Hills
- 6 x 90sec/2min
- 90sec uphill
- 2min walk/rest Day 6: Rest

Day 7: Long Run

- Length: 6 Miles
- Time Goal: 60-65 minutes
- Effort 7/10

WEEK 4:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 4 Miles



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- Time: 40 Minutes
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 50 Minutes
- Effort 5/10 Day 5: Hills
- 5 x 60sec/90sec
- 60 seconds uphill
- 90 seconds walk/rest Day 6: Rest
- Day 7: Long Run
- Length: 5.5 Miles
- Time Goal: 50-55 Minutes
- Effort: 5/10

WEEK 5:

Day 1: Rest

Day 2: Easy Run/Jog Including Hills

- Length Goal : 3.5 Miles
- Time: 35 Minutes
- Effort 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 45 Minutes
- Effort 5/10 Day 5: Speed/Interval
- 5 x 3min/2min
- 3 minutes running/2 minutes walking Day 6: Rest

Day 7: Long Run

- Length: 5 Miles
- Time Goal: 45-50 Minutes
- Effort: 5/10

WEEK 6:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 3 Miles
- Time: 30 Minutes
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 45 Minutes

- 5/10

Day 5: Speed/Interval

- 4 x 2min/2min
- 2 minutes running/2 minutes walking Day 6: Rest

Day 7: Long Run

- RACE DAY! (6.2 Miles)

TREADMILL

BEGINNER

SCHEDULE SET SUNDAY-SATURDAY

WEEK 1:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 20 Minutes
- Speed: 4-5mph



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- Effort: 3/10 Day 3: Walk
 - Length: 3 Miles
 - Speed: 3-3.5mph Day 4: Cross Train
 - See YMCA class offerings attached Day 5: Speed/Interval
 - 8 x 30sec/90sec
 - 30sec run followed by 90sec walk
 - Run Interval Speed: 6.5-8mph
 - Walk Interval Speed: 3mph
 - Effort: 8/10 Day 6: Rest
- Day 7: Slow Pace, Long Run
- Length: 3 Miles
 - Time Goal: N/A
 - Effort: 5/10
 - Speed: 5.5-6mph

WEEK 2:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 25 Minutes
- Speed: 4.5-5.5mph
- Effort: 3/10 Day 3: Walk
- Length: 3 Miles
- Speed: 3-3.5mph Day 4: Cross Train
- See YMCA class offerings attached Day 5: Speed/Interval

- 10 x 30sec/90sec
- 30sec run followed by 90sec walk
- Run Interval Speed: 7-8mph
- Walk Interval Speed: 3mph Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 4 Miles
- Time Goal: N/A
- Speed: 5.5-6mph
- Effort: 5/10

WEEK 3:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 30 Minutes
- Speed: 5-5.5mph
- Effort: 3/10 Day 3: Walk
- Length: 4 Miles
- Speed: 3-3.5mph Day 4: Cross Train
- See YMCA class offerings attached Day 5: Hills
- 4 x 30-45sec
- Run Interval Speed: 7-8mph
- Incline: 4-6%
- Walk Interval Speed: 3mph
- Incline: 0-1%

Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 5 Miles
- Time Goal: N/A
- Effort: 5/10
- Speed: 5.5-6mph



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WEEK 4:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 35 Minutes
- Speed: 5-6mph
- Effort: 3/10 Day 3: Walk
- Length: 4 Miles
- Speed: 3-3.5mph Day 4: Cross Train
- See YMCA class offerings attached Day 5: Hills
- 6 x 30-35sec
- Run Interval Speed: 7-8mph
- Incline: 4-6%
- Walk Interval Speed: 3mph
- Incline: 0-1%

Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 5.5 Miles
- Time Goal: N/A
- Effort: 5/10
- Speed: 5.5-6mph

WEEK 5:

Day 1: Rest

Day 2: Easy Run/Jog Including Hills

- Length: N/A
- Time: 35 Minutes
- Speed: 6mph
- Incline: 3-4%
- Effort: 3/10 Day 3: Walk
- Length: 5 Miles
- Speed: 3-3.5mph Day 4: Cross Train
- See YMCA class offerings attached Day 5: Speed/Interval
- 8 x 1min/1min
- 1 minute run followed by 1 minute walk
- Run Interval Speed: 7-8mph
- Walk Interval Speed: 3mph Day 6: Rest

Day 7: Slow Pace, Long Run

- Length: 5 Miles
- Time Goal: N/A
- Effort: 5/10
- Speed: 5.5-6mph

WEEK 6:

Day 1: Rest

Day 2: Easy Run/Jog

- Length: N/A
- Time: 30 minutes
- Effort: 3/10 Day 3: Walk
- Length: 5 Miles
- Walk: 3-3.5mph Day 4: Cross Train
- See YMCA class offerings attached Day 5: Speed/Interval
- 10 x 30sec/90sec
- 30sec run followed by 90sec walk
- Run Interval Speed: 7-8mph
- Walk Interval Speed: 3mph Day 6: Rest

Day 7: Slow Pace, Long Run

- RACE DAY! (6.2 Miles)



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INTERMEDIATE

SCHEDULE SET SUNDAY-SATURDAY

Week 1:

Day 1: Rest

Day 2: Easy Run

- Length Goal: 3 Miles
- Time: 30 Minutes
- Speed: 5.5-6.5mph
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 45 Minutes
- Speed: 6.5mph
- Effort: 5/10 Day 5: Speed/Interval
- 5 x 3min/2min
- 3 minutes running/2 minutes walking
- Running Interval Speed: 7.5-8.5mph
- Walking Interval Speed: 3mph Day 6: Rest

Day 7: Long Run

- Length: 4 Miles
- Time Goal: 38-42 Minutes
- Speed: 6.5-7mph
- Effort: 7/10

WEEK 2:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 3.5 Miles
- Time: 35 Minutes
- Speed: 5.5-6.5mph
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 45 Minutes
- Speed: 6.5-7mph
- Effort: 5/10 Day 5: Speed/Interval
- 6 x 2min/2min
- 2 minutes running/2 minutes walking
- Running Interval Speed: 7.5-8.5mph
- Walking Interval Speed: 3mph Day 6: Rest

Day 7: Long Run

- Length: 5 Miles
- Time Goal: 45-50 Minutes
- Speed: 7mph
- Effort 7/10

WEEK 3:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 4 Miles
- Time: 40 Minutes
- Speed: 6-6.5mph
- Effort: 3/10 Day 3: Cross Train
- See YMCA class offerings attached Day 4: Steady State Moderate Run
- Length: N/A
- Time: 50 Minutes
- Speed: 6.5-7mph
- Effort 5/10 Day 5: Hills



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- 6 x 90sec/2min
- 90sec uphill
- 2min walk/rest
- Running Interval Speed: 7.5-8.5mph
- Incline: 5-7%
- Walking Interval Speed: 3mph
- Incline: 0-1%

Day 6: Rest

Day 7: Long Run

- Length: 6 Miles
- Time Goal: 60-65 minutes
- Speed: 7-7.5mph
- Effort 7/10

WEEK 4:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 4 Miles
 - Time: 40 Minutes
 - Speed: 6-7mph
 - Effort: 3/10
- Day 3: Cross Train
- See YMCA class offerings attached
- Day 4: Steady State Moderate Run
- Length: N/A
 - Time: 50 Minutes
 - Speed: 6.6-7mph
 - Effort 5/10
- Day 5: Hills
- 5 x 60sec/90sec
 - 60 seconds uphill
 - 90 seconds walk/rest
 - Running Interval Speed: 8mph
 - Incline: 5-7%
 - Walking Interval Speed: 3mph
 - Incline: 0-1%

Day 6: Rest

Day 7: Long Run

- Length: 5.5 Miles
- Time Goal: 50-55 Minutes
- Speed: 7mph
- Effort: 5/10

WEEK 5:

Day 1: Rest

Day 2: Easy Run/Jog Including Hills

- Length Goal : 3.5 Miles
- Time: 35 Minutes
- Speed: 7.5-8mph
- Incline: 5%
- Effort 3/10

Day 3: Cross Train

- See YMCA class offerings attached
- Day 4: Steady State Moderate Run
- Length: N/A
 - Time: 45 Minutes
 - Speed: 6.5-7mph
 - Effort 5/10
- Day 5: Speed/Interval
- 5 x 3min/2min
 - 3 minutes running/2 minutes walking



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- Running Interval Speed: 8mph
- Walking Interval Speed: 3mph Day 6: Rest

Day 7: Long Run

- Length: 5 Miles
- Time Goal: 45-50 Minutes
- Speed: 6.5-7.5mph
- Effort: 5/10

WEEK 6:

Day 1: Rest

Day 2: Easy Run/Jog

- Length Goal: 3 Miles
- Time: 30 Minutes
- Speed: 5.5-6mph
- Effort: 3/10 Day 3: Cross Train

See YMCA class offerings attached Day 4: Steady State Moderate Run

- Length: N/A
- Time: 45 Minutes
- Speed: 6-7mph
- 5/10

Day 5: Speed/Interval

- 4 x 2min/2min
- 2 minutes running/2 minutes walking
- Running Interval Speed: 8.5mph
- Walking Interval Speed: 3mph Day 6: Rest

Day 7: Long Run

- RACE DAY! (6.2 Miles)



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RUNNING TRACKER

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							

