

# Tulsa Run 15K Training

October 28<sup>th</sup>, 2017

Week	Day 1 Cross train	Day 2 Short Run	Day 3 Optional Speed Run	Day 4 Cross train	Day 5 Rest	Day 6 Long Run	Day 7 Rest
<i>Pre group training- training on your own</i>							
Aug 28	Class	3	rest	Class	rest	3 m	rest
Sept 4	Class	3	rest	Class	rest	4 m	rest
<i>Group long run training- Saturday mornings beginning Sept 16 from FBCC</i>							
1 Sept 11	Class	3 m	2 m	Class	rest	5 m	rest
2 Sept 18	Class	3 m	2 m	Class	rest	6 m	rest
3 Sept 25	Class	3 m	2 m	Class	rest	7 m	rest
4 Oct 2	Class	4 m	2 m	Class	rest	8 m	rest
5 Oct 9	Class	4 m	2 m	Class	rest	9 m	rest
6 Oct 16	Class	4 m	2 m	Class	rest	6 m	rest
7 Oct 23	Class	3 m	2 m	Class	rest	15k (9.3 m)	rest

**Rest days are important:** No need to exercise 7 days a week! Your ideal rest days should be the day before & after your long run. Increasing your total miles per week too quickly (more than 2 mile per week), can lead to an increased risk of injury. The speed run is optional, especially if you consistently attend class twice a week. Speed work will help you improve your time, if that is your goal.

**Cross train/Class:** Any form of cardio exercise other than running...*Fitness class, swimming, cycling, elliptical, etc*, doing this two days per week will improve your overall performance.

**Increase water intake and make good eating choices the night before your long run:** this will make a significant difference in the way you feel during training. Avoid overeating & increase fruit and veggie intake.

**Recovery tools:** A foam roller and "the stick" massager are highly recommended to keep muscles loose and to workout tight areas that lead to injury. A Tennis ball or Rubz ball are great to relieve tender arches that lead to plantar fasciitis.

**Stretch:** Include stretching up to twice a day, as part of your workout routine. Many injuries occur due to over use from the same activity and improper stretching after running. THIS IS KEY TO A GOOD EXPERIENCE!