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Workout Descriptions

5k- Walker & Joggers

5k-#1 Brisk 10-minute warm-up walk RPE 3/4. Then alternate 60 seconds at RPE 5/6 of fast pace walking or light jogging with 2-minutes of walking again for a total of 20-minutes. Balance of workout easy RPE 3/4

5k-#2 Brisk 10-minute warm-up walk RPE 3/4. Then alternate 2-minutes at RPE 5/6 of fast pace walking or light jogging with 2-minutes of walking again for a total of 20-minutes. Balance of workout easy RPE 3/4

5k-#3 Brisk 10-minute warm-up walk. Then complete 2 x 4 minutes steady pace holding RPE 6. (walk or jog). 60-seconds recovery walking between intervals. Nothing over RPE 6 to-day! Balance of workout RPE 3/4

5k-#4 Endurance Workout, this is for time and not speed. Nothing over RPE 4/5.

Half Marathon

H-#1 10 minute easy warm up jog RPE 4. 5-minutes light stretching. Run 4-5 x 3 minutes steady RPE 6. Walk 60-seconds between each. Balance of workout recovery pace RPE 4

H-#2 10 minute easy warm up jog RPE 4. 5-minutes light stretching. Run 3-4 x 4 minutes steady RPE 6. Walk 90-seconds between each. Balance of workout recovery pace RPE 4

H-#3 Long Endurance Run all at recovery pace, Nothing over RPE 4/5.

Strength or Cross Train

Those of you that take part in other regular activities continue to do so. **Cross Training** may include: Yoga, hiking, swimming, gym strength, Pilates, Spin Class. Start conservative with lighter weights. You can always increase. The goal is NOT to go failure. Always stop when you can complete 2-3 more reps.

RPE Chart [Click Here](#)

Personal Best Training Program

QUESTIONS? coachneil@trimorefitness.com or 415 515 4786

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13- Kick Off Workout! 9am Marin Civic Center MAP	14 Day Off Both	15 5k#1, 30 min H#1, 40 min	16 5k- Day Off H-Cross 45 min	17 5k#2, 30 min H#3, 45 min	18 5k Day Off Half Cross 35-45 min	19 San Marin Dr. at Novato Blvd 9am MAP
20 5k#2, 45 min H#3, 60 min	21 Cross Both 45 min	22 5k#4, 35 min H#3, 50 min	23 Day Off to prepare for Thanks Giving	24 Happy Thanks Giving! 5k Fun Run or 5k#4, H#3	25 DAY Off Both	26 Cross Both 60-90 min
27 Schollenberger Park Petaluma 9am MAP	28 Day Off Both	29 5k#1, 30 min H#1, 40 min	30			

5k Example: 5k#2, 30 min

5k= 5k Workout Plan.
30 min = Duration of workout.
= Workout to complete.
Cross = Cross Train

Half Marathon Example: H#2, 45 min

H= Half Marathon Plan.
45 min = Duration of workout.
= Workout to complete.
Cross = Cross Train