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Personal Best Training Program

QUESTIONS? coachneil@trimorefitness.com or 415 515 4786

Workout Descriptions

5k- Walker & Joggers

5k-#1

10-minute warm-up RPE 3/4. 5-minutes light stretching. Alternate 60 seconds at RPE 6 of fast pace walking or light jogging with 2-minutes of Recovery pace walking at RPE 4 for a total of 20-minutes. Balance of workout easy RPE 3/4

5k-#2

10-minute warm-up RPE 3/4. 5-minutes light stretching. Alternate 2-minutes at RPE 6 of fast pace walking or light jogging with 60-seconds of Recovery pace walking at RPE 4 for a total of 20-minutes. Balance of workout easy RPE 3/4

5k-#3

10-minute warm-up walk. 5-minutes light stretching. Complete 5 x 3-minutes steady pace holding RPE 6. (walk or jog). Recovery of 60-seconds walking between intervals. Nothing over RPE 6 today! Balance of workout RPE 3/4

5k-#4

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

Cross Train & Strength

Those of you that take part in other regular activities continue to do so. This 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](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			30 Cross 40-50 min	1 5k#3, 40	2 Day Off	3 Tennessee Valley, Mill Valley 9am MAP
4 5k#4, 65 min	5 Day Off	6 5k#2, 40 min	7 Cross 40-50 min	8 5k#3, 45 min	9 Day Off	10 Marin Civic Center MAP
11 5k#4, 65 min	12 Day Off	13 5k#1, 45 min	14 Cross 45-50 min	15 5k#3, 45 min	16 Day Off	17 5k#4, 70 min
18 San Marin Dr. at Novato Blvd 9am MAP	19 Day Off	20 5k#2, 45 min	21 Cross 45-50 min	22 5k#3, 50 min	23 Day Off	24 Schollenberger Park Petaluma 9am MAP
25 Happy Holidays Everyone!	26 Day Off	27 5k#1, 50 min	28 Cross 45-50 min	29 5k#4, 55 min	30 Day Off	31 Tennessee Valley, Mill Valley 9am MAP

Focus and Goals for December

Follow RPE and Durations very closely. You are now building on both. If you feel fatigued or a possible cold coming on back off for a day or two and take it easy. It is better to show up on race day 10% undertrained then 1% over trained!