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Personal Best Training Program

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## Workout Descriptions

### 5k- Walker & Joggers

#### 5k-#1

15-minute warm-up RPE 3/4. 5-minutes light stretching. Alternate 90 seconds at RPE 6 of fast pace walking or light jogging with 1-minute of Recovery pace walking at RPE 4 for a total of 20-minutes. Balance of workout easy RPE 3/4

#### 5k-#2

15-minute warm-up RPE 3/4. 5-minutes light stretching. Alternate 3-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

15-minute warm-up walk. 5-minutes light stretching. Complete 2 X 8-minutes steady pace holding RPE 6. (walk or jog). Recovery of 2-minutes 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 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 ONLY complete 2-3 more reps.

[RPE Chart Click Here](#)

| Sun   | Mon                                 | Tue                     | Wed                         | Thu  | Fri                                  | Sat  |
|---|-------------------------------------|-------------------------|-----------------------------|--|--------------------------------------|--|
| 1<br>Short Walk, Jog or Day Off<br>Happy New Year!            | 2<br><b>Day Off</b>                 | 3<br>#1<br>40 minutes   | 4<br>Cross Train<br>50 min  | 5<br>#2<br>45 minutes                              | 6<br><b>Day Off</b>                  | 7<br>#4<br>3-5 miles   |
| 8<br>Marin Civic Center<br><a href="#">MAP</a>                | 9<br><b>Day Off</b>                 | 10<br>#1<br>45 minutes  | 11<br>Cross Train<br>50 min | 12<br>#3<br>50 minutes                             | 13<br><b>Day Off</b>                 | 14<br>San Marin Dr. at Novato Blvd<br>9am<br><a href="#">MAP</a> |
| 15<br>#4<br>4-5.5 miles                                       | 16<br><b>Day Off</b>                | 17<br>#2<br>45 minutes  | 18<br>Cross Train<br>50 min | 19<br>#3<br>50 minutes                             | 20<br><b>Day Off</b>                 | 21<br>#4<br>4.5-5 miles  |
| 22<br>Schollenberger Park Petaluma<br>9am <a href="#">MAP</a> | 23<br><b>Day Off</b>                | 24<br>#2<br>50 minutes  | 25<br>Cross Train<br>50 min | 26<br>#3<br>50 minutes                             | 27<br><b>Day Off</b>                 | 28<br>Tennessee Valley, Mill Valley 9am<br><a href="#">MAP</a>   |
| 29<br>#4<br>3.5-4 miles<br>Fluids and Fuel                    | 30<br><b>Day Off</b>                | 31<br>H#3,<br>4-6 miles | 1<br>Cross 40 min           | 2<br>Easy 30 min<br>Walk/jog. Include 5x1 min fast | 3<br><b>Day Off</b><br>Nothing today | 4<br>Easy 30 min<br>walk jog. Include 5x1 min fast.4             |
| 5<br><b>Race Day!</b>   | 6<br>Recovery Day<br>20-30 min walk | 7<br>Day Off            |                             |  |                                      |  |

### Race Day Plan

*Pace, Don't Race! I want you to plan your race day from start to finish. This will help you get the most out of your day and yourself. Get your clothes ready the day before. Plan your breakfast, pre-race snack and post race recovery fuel. These suggestions are for all levels! You will feel better for the event and when you get home to watch the BIG GAME!*