



15K TRAINING 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK #1	December 18, 2017	19	20	21	22	23	24
	1 MILE	2 MILE	REST & STRETCH	2 MILE	CROSS TRAIN 30min	3 MILE	2 MILE
WEEK #2	25	26	27	28	29	30	31
	REST & STRETCH	2 MILE	2 MILE	REST & STRETCH	CROSS TRAIN 30min	4 MILE	2 MILE
WEEK #3	January 1, 2018	2	3	4	5	6	7
	REST & STRETCH	3 MILE	REST & STRETCH	3 MILE	CROSS TRAIN 30min	4 MILE	3 MILE
WEEK #4	8	9	10	11	12	13	14
	REST & STRETCH	4 MILE	3 MILE	4 MILE	CROSS TRAIN 30min	5 MILE	3 MILE
WEEK #5	15	16	17	18	19	20	21
	REST & STRETCH	4 MILE	REST & STRETCH	3 MILE	CROSS TRAIN 30min	6 MILE	3 MILE
WEEK #6	22	23	24	25	26	27	28
	REST & STRETCH	5 MILE	3 MILE	4 MILE	CROSS TRAIN 30min	7 MILE	2 MILE
WEEK #7	29	30	31	February 1, 2018	2	3	4
	REST & STRETCH	5 MILE	3 MILE	5 MILE	CROSS TRAIN 30min	8 MILE	REST & STRETCH
WEEK #8	5	6	7	8	9	10	11
	REST & STRETCH	4 MILE	REST & STRETCH	4 MILE	CROSS TRAIN 30min	9 MILE	2 MILE
WEEK #9	12	13	14	15	16	17	18
	REST & STRETCH	4 MILE	REST & STRETCH	3 MILE	CROSS TRAIN 30min	5 MILE	2.5 MILE
RACE WEEK	19	20	21	22	23	24	25
	REST & STRETCH	2 MILE	REST & STRETCH	3 MILE	REST & STRETCH	15K RACE DAY	

8 On Your Side Health & Fitness Expo

February 23, 2018 – 10:00am – 8:00pm
February 24, 2018 – 6:00am – 5:00pm

Publix Gasparilla Distance Classic 15K

Saturday, February 24, 2018
START – 6:45am

Key Words

WARM UP – 5-10 minutes of light walking/jogging
RACE PACE – Goal minute per mile pace on Race Day
LIGHTLY – Below race pace
MODERATELY – Near race pace
HARD – At race pace or better
IW – Interval Workout
SPRINT – All out, hard running

