



RACING. EVOLVED.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	20 Min. Brisk Walk	Rest	<i>Run/Walk</i> 10 mins of combined running and walking	Rest	<i>Run/Walk</i> Goal of ¼ Mile continuous running	Rest or Walk
Rest	20 Min. Brisk Walk	Rest	<i>Run/Walk</i> 10 mins of combined running and walking	Rest	<i>Run/Walk</i> Goal of ¼ Mile continuous running	Rest or Walk
Rest	25 Min. Brisk Walk	Rest	<i>Run/Walk</i> 15 mins of combined running and walking	Rest	<i>Run/Walk</i> Goal of ½ Mile continuous running	Rest or Walk
Rest	25 Min. Brisk Walk	Rest	<i>Run/Walk</i> 15 mins of combined running and walking	Rest	<i>Run/Walk</i> Goal of ½ Mile continuous running	Rest or Walk

Rest	30 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 20 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of $\frac{3}{4}$ Mile continuous running	Rest or Walk
Rest	30 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 20 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 1 Mile continuous running	Rest or Walk
Rest	35 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 25 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 1 $\frac{1}{4}$ miles continuous running	Rest or Walk
Rest	35 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 25 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 1 $\frac{1}{2}$ miles continuous running	Rest or Walk
Rest	40 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 30 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 1 $\frac{3}{4}$ miles continuous running	Rest or Walk
Rest	40 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 35 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 2 Miles continuous running	Rest or Walk
Rest	45 Min. Brisk	Rest/ X-Train	<i>Run/Walk</i> 40 mins of	Rest/ X-Train	<i>Run/Walk</i> Goal of	Rest or Walk

	Walk		combined running and walking		2 ¼ miles continuous running	
Rest	45Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 40 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 2 ½ miles continuous running	Rest or Walk
Rest	40 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 35 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 2 ¾ miles continuous running	Rest or Walk
Rest	35 Min. Brisk Walk	Rest/ X-Train	<i>Run/Walk</i> 30 mins of combined running and walking	Rest/ X-Train	<i>Run/Walk</i> Goal of 2 ¾ miles continuous running	Rest or Walk
Rest	30 Min. Brisk Walk	Rest/ X-Train	Run/Walk 20 mins of combined running and walking	Rest	<i>Run/Walk</i> Goal of 3 miles continuous running	Rest or Walk
Rest	30 Min. Brisk Walk	Rest	<i>Run/Walk</i> Easy walk/ running.	Rest	<i>Run/Walk</i> Short Easy run or walk to shake out the legs before the big day.	RACE DAY!

Where to Train in Columbus

Your neighborhood is a great place to start your training. You can start right from the house, most neighborhoods are lit at night, and you can even leave a water bottle in your mailbox so you can run past your house if you are in need of something to drink. Another alternative is our Metro Park system. Columbus is home to one of the best Metro Park systems anywhere around. A few of these parks are listed here with details about the running trails, the rest of the parks can be found at www.metroparks.net.

Blacklick (Reynoldsburg) – 4-mile loop of crushed limestone with every ½ mile marked and easy access to water and restrooms.

Antrim (Columbus)– 1.1-mile loop runs the perimeter of Antrim Lake, a paved path offers many more miles.

Sharon Woods (Westerville)- 3.8 mile paved path, some additional grass trails

Highbanks (Worthington) – Almost 10 miles of mostly dirt and gravel paths, some pavement.

Pickerington Ponds (Pickerington) – 7 miles of flat, scenic, paved path.

Three Creeks (Groveport) - 13+ miles of mainly paved, flat paths

Blendon Woods (Westerville) – More than 5 miles of combination crushed limestone, grass, and paved trails.

X-Training

Cross-training refers to the combining of exercises to work various parts of the body. Often one particular activity works certain muscle groups, but not others, Cross-training aims to eliminate this. Jogging, for example, is excellent for endurance, and prolonged use of the large muscle groups in the legs. A jogger may lift weights in order to build muscle and increase upper body strength, things that running cannot provide.

Options for your Cross-training include, but are not limited to...

- Weight/Strength Training
- Yoga
- Core Exercises
- Stairmaster or Elliptical trainer
- Swimming
- Hiking