

RUN - GRP				GROUP A	GROUP B	GROUP C
<b>WORKOUT SETS</b>				<b>1.75</b>	<b>1.44</b>	<b>1.13</b>
<u>WARM UP</u>				<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Easy Warm Up Jog	REPS	EFFORT		5	5	5
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH	1	Z1 - Z2		5	5	5
	1	per side		5	5	5
<u>MAIN SET</u>				<u>Time / Distance</u>	<u>Time / Distance</u>	<u>Time / Distance</u>
<b>SET 1</b>						
Race Pace Run // Recovery walk or jog	2	Race Pace		4 MI // 2:00 MIN	3 MI // 2:15 MIN	2 MI // 2:30 MIN
		Estimated Times		40	30.75	21.5
<b>SET 2</b>						
		Estimated Times				
<b>SET 3</b>						
		Estimated Times				
<b>SET 4</b>						
		Estimated Times				
<b>SET 5</b>						
		Estimated Times				
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<u>COOL DOWN</u>				<u>Time (Min)</u>	<u>Time (Min)</u>	<u>Time (Min)</u>
Easy Cool Down Jog	REPS	EFFORT		10	10	10
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1	Z1 - Z2		5	5	5
	1	Each Side		5	5	5

