

# 2017 PRO.ACTIVE FOR LIFE 5K

## 6TH RACE OF THE FRANKFORT STRIDERS RUN/WALK SERIES CHALLENGE

### INTERMEDIATE TRAINING PROGRAM

The Pro.Active for Life 5K Intermediate Training Program is for individuals who have been running at least 6 months. It is structured to have two rest days (Mon & Fri), one long run day (Sat), 1-2 Cross Training (XT) days (Tues/Thurs), 3-4 easy (pace) run days (Sun, Mon, Thurs, Fri) and one hard short run day (Wed). You may change up the order of the days if it fits your schedule better. On easy days, you should be able to converse in sentences; on the hard day, you should be able to converse in 3-4 word sentences (but would probably prefer to not talk at all!).

Strength Training is two days a week and highly recommended.

WEEK OF	SUN	MON	TUES	WED*	THUR	FRI	SAT*
JAN 29	1.25-2.25 miles, E, ST	Rest or 2.25 miles E	Cross Train, 20-30' & ST	Hard Run, 15-25'	1.25 mile run or XT	Rest Day	1.50 -3.50 miles, easy
FEB 5	1.25-2.25 miles, E, ST	Rest or 2.25 miles E	Cross Train, 20-30' & ST	Hard Run, 15-25'	1.5 mile run or XT	Rest Day	1.50-3.50 miles, easy
FEB 12	1.5-2.5 miles, E, ST	Rest or 2.5 miles E	Cross Train, 20-30" & ST	Hard run 20-30'	1.5 mile run or XT	Rest Day	2.00- 4 miles, easy
FEB 19	1.75-2.5 miles, E, ST	Rest 2.75 miles E	Cross Train, 20-30' & ST	Hard Run 20-30'	1.5 mile run or XT	Rest Day	2.00 - 4 miles, easy
FEB 26	2 – 2.75 miles, E, ST	Rest or 3.0 miles E	Cross Train, 25-35' & ST	Hard Run 20-30'	1.5 mile run or XT	Rest Day	2.25 – 4 miles, easy
MAR 5	2-2.75 miles, E, ST	Rest 3.25 miles E	Cross Train, 25-35' & ST	Hard Run 20-30"	1.5 mile run or XT	Rest Day	2.25-4 miles, easy
MAR 12	30-60' Walk or 20' run	Rest or 3 miles E	Cross Train, 20-30' & ST	Rest or 3.5 miles, easy	1.5 mile run or XT	Run for the Gold 3K	Rest or 2-3 miles, easy
MAR 19	2-3 miles, E, ST	Rest or 3.5 miles E	Cross Train, 20-30" & ST	Hard Run 20-30'	1.5 mile run or XT	Rest Day	2.5 – 4.5 mile run, easy
MAR 26	2-3 miles, E, ST	Rest 3.5 miles E	Cross Train, 20-30' & ST	Hard Run 20-30'	1.7 5mile run or XT	Rest Day	2.75 - 5 mile run, easy
APR 2	2-3 miles, E, ST	Rest or 3.5 miles E	Cross Train, 25-35' & ST	Hard Run 20-30"	1.75 mile run or XT	Rest Day	3 – 5 mile run, easy
APR 9	2.25-3 miles, E, ST	Rest 3.5 miles E	Cross Train, 25-35' & ST	1.5 miles run or XT	1.75 mile run or XT	Rest Day	3 - 5 mile run, easy
APR 16	2.25-3 miles, E, ST	Rest or 4 miles E	Cross Train, 25-35' & ST	Hard Run20-30'	Rest or 2 miles, E	PRO.ACTIVE 5K	3 – 6 mile run, easy

KEY: E = Easy pace, ST = Strength Training, X-Training = Cross Training

#### Other Frankfort Series Run/Walks during this time:

- ❖ 2/21 BE MY STRIDER #K, 5:30 p.m., Riverview Trail
- ❖ 3/17, 6:30 pm, RUN FOR THE GOLD 3K, downtown
- ❖ 3/25, RUNNING WILD 4 MILE TRAIL RUN, Salato Center
- ❖ 4/1, 5:00 pm, FIND THE FRIDGE 8 K TRAIL RUN, Capitol View Pk
- ❖ 4/15, DAPHNE'S LEGACY 5K, Lakeview Pk
- ❖ 4/21, PRO.ACTIVE FOR LIFE 5K, 6:30 pm, downtown

There will be an **3 Hour Chi Running Seminar**, taught by certified Chi Running/Walking instructor Will Rivera on Saturday, March 19 from noon-3:00, location TBA. This 3-hour class is \$60/individual & limited to 12 people. For more information, check the ProActive for Life 5K Facebook page or email or call Debbie Brown at [ptmomb@cwiweb.net](mailto:ptmomb@cwiweb.net) or 502.320.9168.

Beginning on 3/7 and continuing through 4/18, every Monday & Thursday evening at 5:30 p.m., we will host the **Walk Before You Run** get together, consisting of a 10' talk on a running topic, 30-40 minutes of running/walking and an **"Ask the Therapist"** session at 6:15 p.m. at the ProActive Therapy Clinic. Please join us! Free and open to all runners/walkers.

#### WEEKLY GROUP RUNS\*:

**Mon- 5:00 a.m.:** leave from B's Bakery/Main St  
**Tues-7:30 p.m.:** leave from the KY History Center parking lot (Broadway & Ann)  
**Wed-5:00 a.m.:** B's Bakery  
**Fri-5:00 a.m.:** B's Bakery  
**Sat- 8:00 a.m.** Leave from Health Ease, 1100 US 127, Ste C-3  
 \*Group Runs are subject to change based upon weather. For more info, contact ForWord Running Coach Linda Word @forwordrunning@gmail.com or text 520.219.7513

#### FRANKFORT STRIDERS RUN/WALK SERIES

**& CLUB:** Contact Leesa Unger - [frankfortstridersclub@gmail.com](mailto:frankfortstridersclub@gmail.com) or Sara Rome-[saraelysejackson@gmail.com](mailto:saraelysejackson@gmail.com) or check out the webpage @ [www.frankfortstriders.com](http://www.frankfortstriders.com)