2027 ASICS Credit Union Cherry Blossom 10 Mile Intermediate Training Program

Coaches Carlamae and Kimela

Week 1 (01/25-01/31)

Overview: Supported by ASICS, Gatorade, Wegmans and PR Run& Walk, the Credit Union Cherry Blossom 10-Mile Intermediate Training Program is designed for runners who consistently run 15–20 miles per week and are looking for a proven training program to prepare for the 10-Mile race. The program features 4–5 days of training per week, with mileage and intensity gradually increasing to build strength, endurance, and confidence.

Join the CUCB Strava Club

Share your training experience: Join the CUCB Strava Club. **New to Strava?** Create a free Strava account and follow the link above to join the club. You'll find our updates in the club's Posts section, where you can comment and ask questions.

Questions for the Coaches?

If you have questions as you follow this plan, just email Coach Carlamae and Coach Kimela at coach@cherryblossom.org.

(Monday 01/25)

Distance: 2-4 miles
Goal: Easy conversational running for the entire distance.
Tip: On easy training days, your pace should be 90–120 seconds slower than your current 10K race pace, or at 60–70% effort if you are using a heart-rate monitor. Consider using a fitness tracker watch or training app for a more scientific approach to training. If you are unsure about your heart-rate training zones, email coach@cherryblossom.org, and Coach Carlamae and Coach Kimela will help you determine the appropriate ranges. On easy days, there should be no heavy breathing—these runs are designed to build your aerobic base. Each week, the training program also includes a hard

workout specifically designed to improve speed and help you race faster on race day.

(Tuesday 01/26)

Distance: 3-6 miles
Goal: Include 1-3 miles of aerobic intervals
Tip: To warm up, run easy for the first mile, then pick up the pace for 15 seconds (**THIS IS NOT A SPRINT!**), jog for 45 seconds and repeat until you have run 1-3 miles. Finish with a one-mile cool-down jog. For those running a total of 3 miles, include 1 mile of aerobic intervals. For those running 4 miles, include 2 miles of aerobic intervals. For those running a total of 5 or 6 miles, include 3 miles of aerobic intervals.

(Wednesday 01/27)

Rest Day
Tip: Rest days are important to let your body recover. If you are used to aerobic cross-training activities, you may want to consider cutting back on cross training during this ten-week training program, especially in the second half of the program.

(Thursday 01/28)

Distance: 2-4 miles
Goal: Easy run
Tip: Check your running shoes to make sure they are not excessively worn. Find a specialty running shoe store to get properly fitted with a good pair of running shoes that will work for you. The best shoe for you to wear depends upon the structure of your foot, your gait, size, etc. For friendly, expert advice visit PR Run& Walk, our official retail partners. They have the latest running shoes and apparel, including outstanding models from ASICS, our official shoe and apparel sponsor.

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(Friday 01/29)

Rest Day
Tip: You may want to consider doing moderate upper body weights as part of your preparation for the Credit Union Cherry Blossom. Upper body strength can aid your running

form and increase muscle strength to help you maintain your race pace for 10 miles. Yoga or Pilates can help with increasing flexibility and strengthening your core, which in turn will help you run longer and faster.

(Saturday 01/30)

Distance: 2-4 miles
Goal: Easy run
Tip: You may be feeling stiff and sore after these first few days if you have increased the distance you normally run. Don't be alarmed. That is a normal feeling that should go away in a few days.

(Sunday 01/31)

Distance: 4-7 miles
Goal: Weekly long run
Tip: The long run is the most important element of this training program. It will build the endurance needed to run the Credit Union Cherry Blossom 10 Mile race. Long runs should be run at an easy, conversational effort (90-120 seconds slower than your 10K race pace or 60-70% of maximum heart rate when training with a heart monitor). While you can consider skipping an easy day every so often, make sure that you do the weekly long run.

Week 2: (02/01-02/07)

Overview: Week 2 is a continuation of your training. Expect to run 4-5 days per week. Rest days are built into the schedule to ensure that your body has adequate time to recover. Don't be surprised if the first week was somewhat difficult, especially if you have backed off training during the holidays. This is quite normal. Join the CUCB Strava Club to share your training experience.

(Monday 02/01)

Rest Day
Tip: Staying properly hydrated throughout your training is essential. To prepare for race day, try practicing with the

same drink that will be offered on the course: Gatorade, the Official Sports Fuel Provider of the Cherry Blossom 10 Mile.

(Tuesday 02/02)

Distance: 2-5 miles
Goal: Easy day
Tip: When running outdoors in cold weather, try to run into the wind at the start of your run. Wear light layers of clothes in cold weather instead of one heavy layer. You lose a lot of heat through your head and hands, so be sure to wear a hat and gloves. To find training gear, visit PR Run& Walk, our official retail partner. They have the latest apparel made by ASICS, our official shoe and apparel sponsor.

(Wednesday 02/03)

Distance: 3-6 miles
Goal: 1-3 miles of aerobic intervals of 15 seconds hard, 45 seconds easy
Tip: To warm up, run easy for the first mile, then pick up the pace for 15 seconds (**THIS IS NOT A SPRINT!**), jog for 45 seconds and repeat until you have run 1-3 miles. Finish with a one-mile cool-down jog. For those running a total of 3 miles, include1 mile of aerobic intervals. For those running 4 miles, include 2 miles of aerobic intervals. For those running a total of 5 or 6 miles, include 3 miles of aerobic intervals. If you only ran one or two miles of aerobic intervals last week, try adding an additional mile of aerobic intervals this week.

(Thursday 02/04)

Distance: 2-5 miles
Goal: Easy recovery day
Tip: This is an optional running day. If you decide to run, make it a very easy run to allow your body to recover. When running in the dark, wear reflective clothing, including a reflective vest.

(Friday 02/05)

Rest Day
Tip: Explore a book on sports nutrition and look for practical ways to change your eating habits. A good first step is to reduce your intake of junk food, added sugars, and alcohol.

(Saturday 02/06)

Distance: 3-5 miles
Goal: Easy recovery day
Tip: Be careful if you are training in cold weather. When running on ice or snow, run with short, choppy strides to maintain your balance and avoid slipping or falling. Remember to run into the wind at the beginning of your run so you will have a tailwind at the end.

(Sunday 02/07)

Distance: 5-8 miles
Goal: Increase last week's long run by one mile
Tip: If you are running on a treadmill, adjust the elevation to 1.0 to account for the wind resistance when running outdoors. Otherwise, you may think you are running faster than you would be if running in the elements.

Week 3: (02/08-02/14)

Overview: You will continue running 4-5 days per week with the range of the daily runs and weekly long run becoming longer. Now is the time to consider using a sports watch and/or training app for a scientific approach to training. Join the CUCB Strava Club to share your training experiences.

(Monday 02/08)

Rest Day
Tip: Rest days are an important part of a training program as they help your body in assimilating the gains from your training days. You can always do yoga, Pilates, and easy stretching on a day off.

(Tuesday 02/09)

Distance: 3-6 miles
Goal: Easy recovery day
Tip: Don't be surprised if your legs are still tired from Sunday's long run. Try to stretch after the end of the run. Do not stretch before running with cold muscles.

(Wednesday 02/10)

Distance: 4-7 miles
Goal: Include 2-3 miles of aerobic intervals of 15 seconds hard, 45 seconds easy
Tip: To warm up, run easy for the first mile, then pick up the pace for 15 seconds (**THIS IS NOT A SPRINT!**), jog for 45 seconds and repeat until you have run 2-3 miles. Finish with a one-mile cool-down jog. For those running 4 miles, include 2 miles of aerobic intervals. For those running a total of 5-7 miles, include 3 miles of aerobic intervals. If you only ran one or two miles of aerobic intervals last week, try adding an additional mile of aerobic intervals this week. You should not be huffing and puffing or be out of breath during this workout. If you are, you may be running too fast. The purpose of this workout is to work on leg turnover and prepare you for the next few weeks when your speedwork will involve running at a fast pace for an extended time.

(Thursday 02/11)

Distance: 3-5 miles
Goal: Increase your easy day run by one mile
Tip: For safety reasons, do not wear ear buds or headphones if running in an isolated area or on a road with traffic. Run facing traffic. Be aware of your surroundings at all times.

(Friday 02/12)

Rest Day
Tip: Taking today off is essential to give your legs time to recover before Sunday's long run. Building in this rest will help you feel stronger and more prepared when you head out again.

(Saturday 02/13)

Distance: 3-5 miles
Goal: Easy run
Tip: If running on a road or in the street, always run toward traffic and be alert for oncoming vehicles. Cars and trucks are bigger than you and do not always honor the right of way.

(Sunday 02/14)

Distance: 5-8 miles
Goal: Long run at conversational pace
Tip: Happy Valentine's Day! Turn your run into a little celebration. Wear something red or pink, pick a route you love, and treat the run as a chance to appreciate your body for everything it lets you do. If you're running with a partner or friend, keep the pace easy so you can chat and enjoy the time together. If you're solo, queue up a playlist that makes you feel good and let the miles be your "me-time."

Week 4: (02/15-02/21)

Overview: You are now beginning your fourth week of training. Daily runs continue to increase as does the weekly long run. You should start feeling stronger and may want to increase the distance of your daily training run. Don't forget to join the CUCB Strava Club to share your training experience.

(Monday 02/15)

Rest Day
Tip: If you want to stretch today, start with a short walk or an easy bike ride (indoors or outdoors depending upon where you live) to warm up your muscles. Avoid stretching when your muscles are cold ! You might also explore a Yoga or Pilates class to build flexibility and strengthen your core.

(Tuesday 02/16)

Distance: 3-5 miles
Goal: Easy run to recover from Sunday's long run
Tip: A training partner can help you maintain your motivation. Contact your local running club or running store for help in finding a partner or a running group. If you are looking for a training partner or a running group to help with motivation, our CUCB Strava Club may help you find one. You can also contact your local running club. Visit the RRCA to find a running club near you.

(Wednesday 02/17)

Distance: 4-6 miles
Goal: Include 2-3 miles of aerobic intervals of 15 seconds hard/45 seconds easy.
Tip: To warm up, run easy for the first mile, then pick up the pace for 15 seconds (**THIS IS NOT A SPRINT!**), jog for 45 seconds and repeat until you have run 1-3 miles. Finish with a one-mile cool-down jog. For those running 4 miles, include 2 miles of aerobic intervals. For those running a total of 5-7 miles, include 3 miles of aerobic intervals. If you only ran one or two miles of aerobic intervals last week, try adding an additional mile of aerobic intervals this week. You should not be huffing and puffing or be out of breath during this workout. If you are, you may be running too hard. The purpose of this workout is to work on leg turnover and prepare you for the next few weeks when you will be running at a fast pace for a longer distance.

(Thursday 02/18)

Distance: 3-5 miles
Goal: Easy jog to recover from yesterday's workout
Tip: Always maintain a conversational pace while running on a recovery day. Keep the effort at 60-70% on your heart monitor or 90-120 seconds per mile slower than your 10K race pace.

(Friday 02/19)

Rest Day
Tip: Go for a walk to loosen up your legs to prepare for the weekend's hard work. Do some light stretching of your calves, hamstrings and quadriceps.

(Saturday 02/20)

Distance: 3-5 miles
Goal: Easy run
Tip: Stay relaxed as you run, keeping tension out of your shoulders and hands. Let your arms swing naturally like a pendulum to help maintain a smooth, efficient rhythm.

(Sunday 02/21)

Distance: 6-9 miles
Goal: Increase your weekly long run by one mile.
Tip: Congratulations! You have just finished your first month of training. Six weeks to go before the Credit Union Cherry Blossom.

Week 5: (02/22-02/28)

Overview: The intensity picks up this week and the speed workout changes. You will continue to increase your Sunday long run to prepare you for the race. Try running a few more miles, focusing on increasing the distance of the weekly long run. For extra motivation, log onto our CUCB Strava Club.

(Monday 02/22)

Rest Day
Tip: Check your shoes for wear. It might be time to think about getting a new pair of shoes. Many runners have two pairs and alternate running in them. They always have an old pair already broken in and a new pair they are breaking in. Many shoes wear out in the mid-sole after 300-500 miles, even though the bottom of the shoe does not show much wear. Start tracking the mileage on each shoe. If you need new running shoes, visit PR Run& Walk, our official retail partner. They have the latest running shoes made by ASICS, our official shoe and apparel sponsor, and will make sure that you are fitted to the right shoe for you.

(Tuesday 02/23)

Distance: 3-5 miles
Goal: Run easy to recover from your longest long run so far.
Tip: While running try to visualize yourself floating in the air. Stay relaxed and let your arms swing like a pendulum.

Wednesday 02/24)

Distance: 4-7 miles
Goal: After a mile warm up, run 2 minutes hard, then jog for 2 minutes. Do this 8 times for a total of 32 minutes. The 2 minutes

hard **IS NOT A SPRINT**. Finish with an easy cool-down jog of at least one mile.

Tip: For the two-minute hard portion of the workout, try to run at your 5K or 10K race effort. If you do not know your race pace, the effort should be somewhat difficult and involves some huffing and puffing, especially at the end of the workout. If you want an idea of how fast you are running, find a local track or measured course. If using a treadmill, make sure the elevation is set at 1.0.

(Thursday 02/25)

Distance: 3-5 miles
Goal: Easy run to recover from yesterday's speed session
Tip: You may feel stiff and sore from yesterday's workouts. The effort should become easier in the next few weeks.

(Friday 02/26)

Rest Day
Tip: You may notice your appetite is increasing. Your body needs more fuel because of increased mileage and intensity. Make sure your diet includes complex carbohydrates and try to avoid junk food.

(Saturday 02/27)

Distance: 3-6 miles
Goal: Easy recovery run
Tip: Remember to stretch after every run.

(Sunday 02/28)

Distance: 7-10 miles
Goal: Long run
Tip: For those with a specific time goal for the race, run a mile or two at your projected Credit Union Cherry Blossom race pace near the end of the long run to see what the effort feels like during a long run. Keep the rest of the run at a conversational pace. Heart rate should stay in 60-70% range.

Week 6: (03/01-03/07)

Overview: You are now entering your second half of the training program. If you have been following the program, you are on your way to a great 10-mile race on April 4th. Visit our CUCB Strava Club to see what your fellow runners are doing.

(Monday 03/01)

Rest Day

Tip: Take a look at how far you have come in five weeks. Congratulate yourself on your effort so far.

(Tuesday 03/02)

Distance: 4-6 miles
Goal: Easy recovery run
Tip: If you can run on a course with rolling hills, you will be getting a bonus because hills will make you stronger. Expect your heart rate to go above 75% on the uphill sections.

(Wednesday 03/03)

Distance: 4-7 miles
Goal: After a mile warm up, run 2 minutes hard, jog for 2 minutes. Do this 8 times for a total of 32 minutes. The 2-minute hard segments **ARE NOT A SPRINT**. Finish with an easy cool-down jog of at least one mile.
Tip: Try to run the two-minute segments at your 5K or 10K race effort. If you do not know your race pace, the effort should be somewhat difficult and involve some huffing and puffing, especially at the end of the workout.

(Thursday 03/04)

Distance: 4-6 miles
Goal: Go easy to recover from yesterday's hard workout.
Tip: Wear sunglasses with UV protection to keep your eyes safe on sunny days.

(Friday 03/05)

Rest Day

Tip: Do not be concerned if you are still feeling tired and sore from Wednesday's workout. That is a normal feeling.

(Saturday 03/06)

Distance: 4-6 miles
Goal: Easy recovery run before Sunday's long run.
Tip: Four weeks left in training before the Credit Union Cherry Blossom race. Make sure that you are getting enough sleep. Keep easy runs at a conversational effort.

(Sunday 03/07)

Distance: 8-11 miles
Goal: Increase weekly long run by one mile. Keep it conversational.
Tip: The long runs should start to feel easier. For those of you dreaming about running a marathon, this ten-week program can be a springboard to a fall marathon. For those with a specific time goal for the race, run a mile or two at your projected Credit Union Cherry Blossom race pace near the end of the long run to see what the effort feels like.

Week 7: (03/08-03/14)

Overview: You are now beginning the last few weeks of hard training. Workouts continue to increase in distance, especially the long run. The long run should be getting easier now that you are getting into better shape. Link up with your fellow runners on our CUCB Strava Club.

(Monday 03/08)

Rest Day
Tip: If weight training is a regular part of your weekly activities, consider cutting back on your intensity until race day.

(Tuesday 03/09)

Distance: 3-5 miles
Goal: Easy day after long run
Tip: Remember to stretch. If you want to stretch before you run, start with a light warm-up—like a short walk or easy jog—so

your muscles are ready for gentle stretching and the miles ahead.

(Wednesday 03/10)

Distance: 5-7 miles
Goal: After a mile warm up, run 2 minutes hard, then jog for 2 minutes. Do this 9 times for a total of 36 minutes. The 2-minute hard segments **ARE NOT A SPRINT**. Instead, try to stay relaxed while working a bit harder. Finish with an easy cool-down jog of at least one mile.
Tip: For the hard portion of the workout, try to run at your 5K or 10K race effort (80-85% of maximum heart rate by the end of the workout). If you do not know your race pace, the effort should be somewhat difficult and involve some huffing and puffing, especially at the end of the workout.

(Thursday 03/11)

Distance: 4-6 miles
Goal: Easy recovery run after yesterday's hard workout
Tip: Consider signing up for a 5K or 10K race either this weekend or next. A race can help in your mental preparation for the Credit Union Cherry Blossom in which you can practice the various steps of race-day preparation (pre-race meal; setting aside your racing gear, number and transponder timing "chip" (likely adhered to the back of your number) the night before; getting to the race site on time; parking and allowing time for using the porta-potty, etc.)

(Friday 03/12)

Rest Day
Tip: Rest days are very important. Your body assimilates the training that you have been doing, helping to make you stronger and faster.

(Saturday 03/13)

Distance: 4-6 miles
Goal: Easy recovery run or optional race no longer than 10K.
Tip: Every mile that you run will make you stronger to race the Credit Union Cherry Blossom.

(Sunday 03/14)

Distance: 8-11 miles
Goal: Increase the long run by one mile
Tip: Only 3 weeks to go. Run at a conversational effort. You only have one long run remaining on your training schedule. If you did not run a race yesterday, try to run a couple of Credit Union Cherry Blossom predicted race pace miles during the middle of the long run to see how your body reacts to the pace. If you ran a race on Saturday, run at a very easy pace. If you decided to run a race today, go out for an easy run afterwards to get your mileage up to the suggested total of 8-11 miles for the day. Continue to hydrate with Gatorade, the Official Sports Fuel Provider of the Cherry Blossom 10 Mile, to get the most out of your training and be able to perform at your best on race day.

Week 8: (03/15-03/21)

Overview: This is the last week of hard training. The end is in sight. Continue to focus on the weekly long run. The two minute hard-easy runs continue. Visit our CUCB Strava Club and share your favorite running course.

(Monday 03/15)

Rest Day
Tip: If you didn't run a race last weekend, think about running a race this weekend. A 5K or 10K race may help you to prepare mentally for the Credit Union Cherry Blossom and give you a pre-race practice run that includes the various steps of race-day preparation, including what to eat for breakfast and emptying your bladder and bowels.

(Tuesday 03/16)

Distance: 3-5 miles
Goal: Easy run, especially if you increased the distance of your long run.
Tip: Think how hard these runs used to be when you started training for the Credit Union Cherry Blossom. Think how much easier your runs have become since you first started training.

(Wednesday 03/17)

Distance: 4-7 miles
Goal: After a mile warm up, run 2 minutes hard, then jog for 2 minutes. Do this 10 times for a total of 40 minutes. The 2-minute hard segment **IS NOT A SPRINT**. Instead, it is a surge in which you try to stay relaxed while working hard. Finish with an easy cool-down jog of at least one mile.
Tip: For the hard portion of the workout, try to run at your 5K or 10K race effort. If you do not know your race pace, the effort should be somewhat difficult and involve some huffing and puffing, especially at the end of the workout.

(Thursday 03/18)

Distance: 3-5 miles
Goal: Easy recovery run to recover from your last speed session
Tip: Remember to stretch after each run.

(Friday 03/19)

Rest Day:
Tip: Just over two weeks to go. Your last long run is coming up on Sunday.

(Saturday 03/20)

Distance: 4-6 miles
Goal: Easy run or 5K or 10K race
Tip: Think about what clothing you are going to wear on race day. For the latest gear and apparel, visit PR Run& Walk, our official retail partner. They have the latest shoes and high-tech apparel including from ASICS, our official shoe and apparel sponsor.

(Sunday 03/21)

Distance: 10-12 miles
Goal: Easy long run
Tip: If you did not run a race yesterday, try to run a couple of Credit Union Cherry Blossom predicted race pace miles during the middle of the long run to see how your body reacts to the pace. If you ran a race on Saturday, run at a

very easy pace. If you decided to run a race today, go out for an easy run afterwards to get your mileage up to the suggested total of 10-12 miles for the day.

Week 9: (03/22-03/28)

Overview: You are now starting to taper for the Credit Union Cherry Blossom. This week will be moderate in intensity. The last week is very easy. The hard part of your training has been completed and the remainder will consist primarily of easy running. Too much hard running the last couple of weeks before a long race can leave you tired on race day, with disappointing race results. For tips from fellow runners, go to our CUCB Strava Club.

(Monday 03/22)

Rest Day
Tip: Go for an easy walk or take a Yoga class to help your flexibility.

(Tuesday 03/23)

Distance: 3-5 miles
Goal: Easy run at conversational pace
Tip: When tapering, it is normal to feel strong and frisky. Resist the temptation to run too hard during the taper.

(Wednesday 03/24)

Distance: 4-6 miles
Goal: Easy run
Tip: Throw in one or two miles in the middle of the run at projected race pace to see how it feels.

(Thursday 03/25)

Rest Day
Tip: Most of your training is over. You will start having more days off. Remember to stretch on days off.

(Friday 03/26)

Distance: 5-8 miles

Goal: Easy run
Tip: Run one mile at your Credit Union Cherry Blossom race pace to see how it feels when you are rested.

(Saturday 03/27)

Rest Day Optional easy 2-3 miles for those who have trained at the higher range of the Intermediate Training Program.
Tip: You should start feeling stronger after these days off and/or easy days.

(Sunday 03/28)

Distance: 7-9 miles
Goal: Last long run
Tip: Consider including 2-3 miles at projected Credit Union Cherry Blossom pace at the end of the run. The more race-pace miles you run, the more you are likely to be able to hold that pace for 10 miles.

Week 10: (03/29-04/04)

Overview: This is your taper week, meaning very little running. There is no training benefit to running hard during the week before the race. The danger is not being sufficiently rested and being tired on race day. See how your fellow runners are doing by going to our CUCB Strava Club.

(Monday 03/29)

Rest Day
Tip: Less than one week to go. Your main goal now should be making sure you are fully rested on Sunday.

(Tuesday 03/30)

Distance: 4-6 miles
Goal: Easy run
Tip: Make sure you are stretching and staying hydrated.

(Wednesday 03/31)

Rest Day
Tip: REST, REST, REST

(Thursday 04/01)

Distance: 3-5 miles
Goal: Very slow jog
Tip: This will be your last run until the Credit Union Cherry Blossom. You should go out very leisurely. Start mentally preparing for the race.

(Friday 04/02)

Rest Day
Tip: You can do an optional 2-3 mile run at a very easy effort. You should go out very leisurely. Consider picking up your packet at the Health and Fitness Expo presented by Wegmans at the National Building Museum between 1:00 p.m. and 8 p.m., if possible. This will mean less time on your feet on Saturday. **Remember there is no packet pick-up at the race site on Sunday.**

(Saturday 04/03)

Rest Day
Tip: Today is the last day to pick up your number at the Health and Fitness Expo presented by Wegmans at the National Building Museum between 9:00 a.m. and 5:00 p.m. You can speed up the process by bringing your Final Confirmation email containing your bib number (sent in late March) or having it on your mobile device. Take advantage of the merchants and pick up some great running gear. Eat a nice pasta dinner. Lay out your running gear the night before the race and pin your number on your race singlet or shirt. Check the race website to review transportation options. The race starts at 7:30 a.m.

(Sunday 04/04)

RACE DAY

Tip: **Try to get to the race by 6:30 a.m, an hour before the 7:30 a.m. start.** After you arrive, place your gear in the clear plastic bag-check bag you received at packet-pick-up and check it at the Bag Check tent; get in line early for the porta-potties. Closely follow the announcements regarding the appropriate

time to assemble at the starting line. Line up in your pre-assigned corral at the start. Run easy for the first 10 to 15 minutes. **AVOID GOING OUT TOO FAST.** Run for the first few minutes comfortably. Zigzagging around other runners during the first mile when the course is the most crowded is counter-productive. The few seconds you save at the beginning may cost you minutes at the end of the race because of expending needless energy. Slowly pick up your pace until you are at your goal pace by the end of the first mile. Try to run steadily and comfortably. You can always pick up the pace the last few miles. GOOD LUCK!

Recovery Week: 04/05-04/11

Take Monday and Tuesday off to recover from your hard effort. You can resume running short and easy (2-3 miles) on Wednesday, Friday and Sunday. Do not race this week and do not do any speed work. You can resume your long run of 6-10 miles the following Sunday. After 10-14 days, you can resume normal training. Remember: Because you raced ten miles, you need to take it easy for ten days to let your body fully recover. You now have the training base to run a fall half-marathon or even a full marathon. The key to staying in shape is to continue a weekly long run. Many local running clubs have group marathon training programs if you are interested. Share your experience on our CUCB Strava Club.

