2027 ASICS Credit Union Cherry Blossom 10 Mile Advanced 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 Advanced Training Program is designed for committed runners who consistently log 20–25 miles per week and complete a weekly long run. Participants should already have experience racing distances of 5K or longer. The program includes 5–7 days of running each week, featuring two speed sessions. Daily workouts are presented in ranges so runners can adjust based on their current fitness and level of training.

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: 4-6 miles

Goal: Easy conversational running 90-120 seconds slower than your current 10K race pace or at 60-70% of maximum heart rate using the Karvonen Formula. ("Google" Karvonen Formula to find your training zones). Send an email to Coach Carlamae and Coach Kimela at coach@cherryblossom.org if you have questions about your heart rate training zones.

Tip: Take a moment to check your running shoes and make sure they aren't excessively worn. If it's time for new shoes visit PR Run& Walk, our official retail partner. They carry the latest ASICS footwear and apparel—our official shoe and apparel

sponsor—and their knowledgeable staff can help you find the right fit.

Tuesday (01/26)

Distance: 4-6 miles
Goal: Include 6 hill repeats
Tip: Run at least an easy one-mile warm up before starting the hills. Find a moderate hill approximately 200-400 meters long. Try to surge up the hill keeping your arms relaxed. Jog down the hill and repeat. If running the workout on a treadmill, adjust the treadmill to 2.5 or 3.0 for the uphill portion and 0 for the downhill. After completing the workout, run at least a one-mile cool down.

Wednesday (01/27)

Distance: 4-6 miles
Goal: Easy recovery day
Tip: Today is an easy recovery day (60-70% Max Heart Rate), which allows your body to repair itself from yesterday's hard workout. It is also an optional day off. If you are used to cross-training activities (lifting, cycling, yoga), you may want to use cross training today as a substitute for the recovery run, as long as the workout is not a hard effort.

Thursday (01/28)

Distance: 5-7 miles
Goal: Fartlek run
Tip: First warm up for a mile and then do a 1-2-3-4-5-6 fartlek run as follows: Pick up the pace to around your 10K race pace (**not a sprint**) for one minute, jog one minute, pick up the pace for two minutes, jog one minute, pick up the pace for three minutes, jog one minute, etc., until you work up to six minutes. Cool down for at least one mile. An intense spinning class can be a substitute for this workout.

Friday (01/29)

Goal: Rest Day/optional easy run of 3-6 miles
Tip: Rest days are an important part of a training schedule to help your body recover and allow you to be fresh for your long run and speed days. If you run 6-7 days, do an easy run of 3-5

miles. You may want to use the rest day to do moderate upper body weight work. Upper body strength can aid your running form and increase muscle strength to help you maintain your race pace for 10 miles.

Saturday (01/30)

Distance: 5-7 miles
Goal: Easy run
Tip: If you've increased your distance or intensity during this first week of the training program, it's completely normal to feel some stiffness and soreness over the next few days. Don't be concerned—this is a typical response to new training stress and should ease as your body adapts. For today's workout, keep the run at 60-70% effort.

Sunday (01/31)

Distance: 8-12 miles (60-70% effort)
Goal: Weekly long run
Tip: The long run is one of the key elements in this training program. It will build the endurance needed to run the Credit Union Cherry Blossom. Long runs should be run at an easy, conversational effort at 60-70% Max Heart Rate or 90-120 seconds slower than 10K race pace. To maximize your training runs, stay hydrated. Consider training with the same drink that will be served on race day by drinking Gatorade, the Official Sports Fuel Provider of the Cherry Blossom 10 Mile.

Week 2 (02/01-02/07)

Overview: Week 2 is a continuation of Week 1, with 5-7 days of training that include a long run and two speed sessions. Consider increasing your long run by a mile. If racing on the weekend, a Saturday race can be a substitute for Thursday's fartlek run. A Sunday race can be combined with warm-up and cool-down miles to get in the necessary mileage for the long run. Share your thoughts on our CUCB Strava Club. If you are finding this program too intense, consider switching to the Intermediate Program or running the lower end of the recommended miles.

Monday (02/01)

Goal: Rest day or optional 4 to 6-mile easy recovery
Tip: Consider Yoga or Pilates to increase flexibility and core strength.

Tuesday (02/02)

Distance: 5-7 miles
Goal: 6-8 hill repeats
Tip: Run at least a mile warm up before starting the hills. Find a moderate hill approximately 200-400 meters long. Try to surge up the hill keeping your arms relaxed. Jog down the hill and repeat. If running the workout on a treadmill, adjust the treadmill to 2.5 or 3.0 for the uphill portion and 0 for the downhill jog. After completing the workout, run at least a one-mile cool down.

Wednesday (02/03)

Distance: 4-6 miles
Goal: Recovery run
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. If you need new high-tech running gear, stop by or visit online PR Run& Walk, our official retail partner. They have the latest running shoes and apparel from ASICS, our official shoe and apparel sponsor, and their staff can assist you in getting the right shoe.

Thursday (02/04)

Distance: 5-7 miles
Goal: Fartlek
Tip: First warm up for a mile and then do a 1-2-3-4-5-6-7 fartlek run as follows: Pick up the pace to around 10K race pace (**not a sprint**) for one minute, jog one minute, pick up the pace for two minutes, jog one minute, pick up the pace for three minutes, jog one minute, etc., until you work up to seven minutes. Cool down for at least one mile.

Friday (02/05)

Goal: Rest day or optional easy recovery run of 4-6 miles
Tip: Read a book on sports nutrition and think about some ways to improve your diet. Consider cutting back on junk food, sugar, and alcohol.

Saturday (02/06)

Distance: 5-8 miles
Goal: Easy recovery day
Tip: Make sure you stay hydrated during your runs even if it is cold. Consider using Gatorade, the Official Sports Fuel Provider of the Cherry Blossom 10 Mile. This is the drink that will be provided on the course during the race.

Sunday (02/07)

Distance: 9-12 miles (60-70% effort)
Goal: Increase last week's long run by one mile
Tip: Pace should be 90-120 seconds slower than 10K race pace. If you are running on a treadmill, adjust the elevation to 1.0 to equate the wind resistance you get when running outdoors. Otherwise, you may think you are running a faster pace than you would be if running in the elements.

Week 3 (02/08-02/14)

Overview: This week you'll run an additional repeat when doing the hill workout. You will maintain your weekly long run. If you miss a day of training, don't worry too much so long as you can get in the long run and speed sessions. See what some of your fellow runners are doing on our CUCB Strava Club.

Monday (02/08)

Goal: Rest Day or optional very easy recovery run of 4-6 miles at 60-70% effort.
Tip: A rest day or easy recovery day is an important element of a training program as it helps your body in assimilating the gains from your hard training days.

Tuesday (02/09)

Distance: 5-7 miles
Goal: 7-9 Hill Repeats
Tip: Run at least a mile warm up before starting the hills. Find a moderate hill approximately 200-400 meters long. Try to surge up the hill keeping your arms relaxed. Jog down the hill and repeat. If running the workout on a treadmill, adjust the treadmill to 2.5 or 3.0 for the uphill and 0 for the downhill jog. Run at least one easy mile at the end of the workout to cool down.

Wednesday (02/10)

Distance: 5-7 miles
Goal: Easy recovery. You have another hard workout tomorrow.
Tip: For safety reasons, do not wear headphones or ear buds when running in an isolated area or on a road with traffic. Always be aware of your surroundings.

Thursday (02/11)

Distance: 5-7 miles
Goal: Fartlek Run
Tip: First warm up for a mile and then do a 1-2-3-4-5-6 fartlek run as follows: Pick up the pace to about 10K race pace (**not a sprint**) for one minute, jog one minute, pick up the pace for two minutes, jog one minute, pick up the pace for three minutes, jog one minute, etc., until you work up to six minutes. Cool down for at least one mile. A hard spin class can be substituted for this workout.

Friday (02/12)

Goal: Rest day or optional easy recovery run of 5-7 miles
Tip: Consider taking the day off to recover and be rested for Sunday's long run if you are feeling tired or are not used to running 6-7 days a week.

Saturday (02/13)

Distance: 5-8 miles
Goal: Easy run

Tip: If running on a road or in the street, always run facing traffic and be alert for oncoming vehicles. Cars and trucks do not always honor the right of way.

Sunday (02/14)

Distance: 9-12 miles
Goal: Long run at conversational pace (60-70% effort)
Tip: Happy Valentine's Day! Today's run is all about heart—your physical heart and your runner's heart. Whether you're running with a partner, a friend, or flying solo, remember that every step you take is an act of commitment to yourself and your goals. Use this run to celebrate what you love about running. Let the miles remind you that progress is built on consistency, courage, and connection. Run with gratitude, run with purpose, and most of all, run with heart. You're stronger than you think, and every mile today is proof.

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Week 4 (02/15-02/21)

Overview: Week 4 continues with the same 5-7 days training schedule during which you will try to increase your weekly long run by a mile and add an additional repeat to the hill workout. This is the last week of hill repeats and fartlek runs. New speed workouts will begin next week.

Monday (02/15)

Goal: Rest day or optional easy recovery run of 4-6 miles.
Tip: As your fitness level improves, you may feel that rest days are not as important. Resist this line of thought and enjoy the extra time (or sleep). If you want to stretch on your day off, first go for a walk to warm up your muscles. Never stretch cold muscles. Yoga or Pilates will help increase flexibility.

Tuesday (02/16)

Distance: 5-8 miles
Goal: 8-10 Hill repeats
Tip: Run at least a mile warm up before starting the hills. Find a moderate hill approximately 200-400 meters long. Try to surge up the hill keeping your arms relaxed. Jog down the hill and repeat. If running the workout on a treadmill, adjust the treadmill to 2.5 or 3.0 for the uphill and 0 for the downhill jog.

After completing the workout, run at least a one-mile cool down.

Wednesday (02/17)

Distance: 4-7 miles
Goal: Easy recovery run
Tip: Continue to make sure that you are not running too hard every day. Use your heart monitor to keep recovery days at 60-70% effort.

Thursday (02/18)

Distance: 5-8 miles
Goal: Fartlek run
Tip: First warm up for a mile and then do a 1-2-3-4-5-6 fartlek run as follows: Pick up the pace to 10K race pace (**not a sprint**) for one minute, jog approximately one minute, pick up the pace for two minutes, jog one minute, pick up the pace for three minutes, jog one minute, etc., until you work up to six minutes. If you are feeling good, try to run seven minutes at 10K race pace. Cool down for at least one mile. A hard spinning class can be substituted for this run.

Friday (02/19)

Goal: Rest day or optional easy run of 4-6 miles
Tip: Going for a walk or easy bike ride (indoors or outdoors depending upon where you live) can help work out muscle tightness to prepare for the weekend's hard work.

Saturday (02/20)

Distance: 5-8 miles
Goal: Easy run
Tip: Try to stay relaxed while running. Your arms should be relaxed and swinging like a pendulum. Keep your shoulders loose.

Sunday (02/21)

Distance: 10-13 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. Remember to stay hydrated before, during and after your runs, even in the cold weather. To learn more about Gatorade, which will be available on the course on race day, click here.

Week 5 (02/22-02/28)

Overview: Week 5 continues with 5-7 days of running while maintaining the weekly long run. Speed sessions change to anaerobic threshold training, with one day of mile repeats and one day of an anaerobic threshold (tempo) run.

Monday (02/22)

Goal: Rest day or optional easy recovery run of 4-6 miles.
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. Most shoes wear out in the mid-sole after 300-500 miles, even though the bottom of the shoe may not appear worn. Start tracking the mileage on each shoe. You may also want to pick up a pair of racing flats for the Credit Union Cherry Blossom race. If you need new shoes, stop by or order online from PR Run& Walk, our official retail partner. They have an outstanding selection of performance running shoes by ASICS and others. Their knowledgeable staff will find the right shoe for you.

Tuesday (02/23)

Distance: 5-8 miles
Goal: 3-4 one-mile repeats between 15K and 10-mile race pace with a two-minute recovery between miles.
Tip: Warm up at least one mile. For the repeat miles, your goal is to run a mile at your 15K or 10-mile race pace or 80-85% of Maximum Heart Rate if training with a heart monitor. Do a jog

recovery for 2-3 minutes between repeats. If running on a track, jog 200 meters between repeats. If you have to stop and walk after the mile, you may be running the workout too fast. Run at least a one-mile cool down. This workout should be a hard but sustainable effort.

Wednesday (02/24)

Distance: 4-7 miles
Goal: Easy recovery run at 60-70%
Tip: You may feel stiff and sore from yesterday's mile repeats. It should become easier next week.

Thursday (02/25)

Distance: 5-7 miles
Goal: 20 to 25-minute anaerobic threshold run
Tip: Start with at least a one-mile warm-up. The anaerobic part of this workout should be run at your current 15K or 10-mile race pace. If running this workout with a heart monitor, start your watch when you hit 80% of maximum heart rate and stay between 80-85% for the entire 20-25 minutes. The effort should be somewhat hard - you should feel like you could keep up this effort for a long time but if you picked it up very much, you might feel like stopping. Be sure to run at least a one-mile cool down at the end of the workout.

Friday (02/26)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: Don't worry if your appetite is increasing. Your body needs more fuel because of increased mileage and intensity. You may need more complex carbohydrates, including whole grains and vegetables.

Saturday (02/27)

Distance: 5-8 miles
Goal: Easy recovery run.
Tip: Remember to stretch after every run.

Sunday (02/28)

Distance: 10-13 miles
Goal: Long run.
Tip: Try 2-3 miles at your Credit Union Cherry Blossom goal race pace at the end of the long run to see what the effort feels like. Keep the rest of the run at a conversational pace, 90-120 seconds slower than 10K race pace or 60-70% with a heart monitor.

Week 6 (03/01-03/07)

Overview: Week 6 continues with 5-7 days of training with a weekly long run and two anaerobic threshold speed sessions. Four more weeks of hard training are ahead. Connect with others on our CUCB Strava Club.

Monday (03/01)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: Think about running an 8K or 10K race this weekend to get into racing mode.

Tuesday (03/02)

Distance: 5-8 miles
Goal: 3-4 one-mile repeats between 15K and 10-mile race pace, with a two-minute recovery. 80-85% with a heart monitor.
Tip: Make sure you run at least a one-mile warm up and one-mile cool down. Your goal for the repeat miles is to run at your anaerobic threshold (15K or 10-mile race pace) with a very short recovery. If you run this on a track, jog 200 meters between sets. If at the end of the mile repeat you have to walk, you are probably running the workout too hard.

Wednesday (03/03)

Distance: 4-7 miles
Goal: Easy recovery day
Tip: Try to find a course with rolling hills. The hills will make you stronger.

Thursday (03/04)

Distance: 5-8 miles
Goal: 20 to 25-minute anaerobic threshold run
Tip: Start with at least a one-mile warm-up. If running this workout with a heart monitor, begin timing when you hit 80% of maximum heart rate and stay between 80-85% for the entire 20-25 minutes. If you do not have a heart monitor, the effort should be at your 15K or 10-mile race pace. You should feel like you could keep going for a long time but if you picked up the pace you would feel like stopping. Be sure to run at least a one-mile cool down jog at the end.

Friday (03/05)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: Do not be concerned if you are still feeling tired and sore from the last two weeks of hard workouts.

Saturday (03/06)

Distance: 5-7 miles
Goal: Another easy recovery run before Sunday's long run.
Tip: Wear sunglasses with UV protection to keep your eyes safe on sunny days.

Sunday (03/07)

Distance: 10-13 miles
Goal: Increase weekly long run by one mile. Keep your run at 60-75% effort.
Tip: If you are racing today, you can still get your long run in by doing a 2-3 mile warm up jog before the race and a 2-3 mile cool down run after the race (depending on the length of the race).

Week 7 (03/08-03/14)

Overview: Week 7 continues with 5-7 days of running with a weekly long run and two anaerobic threshold speed sessions. This is a good week to test your fitness level with a race on this weekend or next—the race should replace the 20-25 minute threshold run. Share your race results on our CUCB Strava Club.

Monday (03/08)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: Running a race this weekend can help you prepare for the Credit Union Cherry Blossom race, as it can be used as a dry run of pre-race routine (food, bathroom, etc.).

Tuesday (03/09)

Distance: 5-8 miles
Goal: 3-4 one-mile repeats with a two-minute recovery.
Tip: Work on pacing. Make sure you run at least a one-mile warm up and one-mile cool down. Run the first repeat mile at your 15K or 10-mile race pace (80-85% of maximum heart rate). Try to see if you can run each mile 5 seconds faster than the previous mile.

Wednesday (03/10)

Distance: 5-7 miles
Goal: Easy recovery run.
Tip: Whenever possible, try to run on a soft path or trail.

Thursday (03/11)

Distance: 5-8 miles
Goal: 20-25 minute anaerobic threshold run
Tip: Start with at least a one-mile warm up. Effort for the anaerobic part of the workout should be at 15K-10 mile race pace. If running this workout with a heart monitor, workout should be between 80-85% of maximum heart rate. If you do not have a heart monitor, the effort should feel somewhat hard but doable. You should feel like you could keep going for a long time but if you picked up the pace you would feel like stopping. Be sure to run at least a one-mile cool down at the end of the workout. You should feel terrific within 30 minutes of completing the workout.

Friday (03/12)

Goal: Rest day or optional easy recovery day of 4-7 miles.
Tip: Rest days are very important to improving and maintaining fitness. During rest days or very easy recovery days, your body

will assimilate the training that you have been doing, which makes you stronger and faster.

Saturday (03/13)

Distance: 5-8 miles
Goal: Easy recovery day or optional race up to 10K distance
Tip: If weight training is a regular part of your weekly activities, consider cutting back on your intensity and/or stopping altogether until after the race.

Sunday (03/14)

Distance: 10-13 miles
Goal: Easy long run.
Tip: Only 3 weeks to go. Run the entire workout at a conversational effort if you raced yesterday. If you plan to race today, run a couple of warm-up miles and a few cool down miles to hit your mileage goal. You only have one long run remaining before the Credit Union Cherry Blossom race. If not racing today and if you did not race yesterday, run three miles at your Credit Union Cherry Blossom goal pace during the middle of the long run and the last mile to see if you can handle the pace. Stay hydrated and consider training with the same drink that will be served on race day, Gatorade, the Official Sports Fuel Provider of the Cherry Blossom 10 Mile.

Week 8 (03/15-03/21)

Overview: Week 8 is the last hard week of training of 5-7 days with a long run and two anaerobic threshold speed sessions. Try to increase your long run by a mile.

Monday (03/15)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: If you feel tired from your training, you can always take an extra day off on Wednesday to let your body recover.

Tuesday (03/16)

Distance: 5-8 miles
Goal: 3-4 one-mile repeats with a two-minute recovery in between.

Tip: Work on pacing. Make sure you run at least a one-mile warm up and one-mile cool down. Run the first repeat mile at your 10-mile race pace or 80-85% of maximum heart rate. Try to run each successive mile 5 seconds faster than the previous mile.

Wednesday (03/17)

Distance: 5-8 miles
Goal: Easy recovery day.
Tip: Remember to stretch after each run.

Thursday (03/18)

Distance: 5-8 miles
Goal: Anaerobic threshold run.
Tip: Warm up for at least one mile. then run nonstop at 15K-10 mile race pace for 20-25 minutes. If using a heart monitor, try to stay between 80-85% for the entire 20-25 minutes. If you do not have a heart monitor, the effort should be quite hard - you should feel like you could keep going for a long time but if you picked up the pace you would want to stop. Be sure to run at least a one-mile cool down at the end. You should feel great within 30 minutes of completing the workout. **Skip this workout and run easy if you are planning to run a race this weekend.**

Friday (03/19)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: Only two weeks to go. Your last long run will be on Sunday.

Saturday (03/20)

Distance: 4-6 miles
Goal: Easy run or 10K race.
Tip: Doing a race today or Sunday will help you mentally prepare for the Credit Union Cherry Blossom race and assess your current level of fitness.

Sunday (03/21)

Distance: 10-13 miles
Goal: Easy long run.

Tip: If you did not race yesterday, run two Credit Union Cherry Blossom predicted race pace miles after you are two or three miles into the run and run two race pace miles at the end of the run. For those who raced on Saturday, the entire long run should be at an easy conversational effort.

Week 9 (03/22-03/28)

Overview: Week 9 begins your taper. It includes doing training at projected Credit Union Cherry Blossom race pace. Training volume should be reduced by 20-25% with perhaps an extra rest day. The weekly long run should be reduced by 2-3 miles. Check out what others are doing on our CUCB Strava Club.

Monday (03/22)

Goal: Rest day or optional easy recovery run of 4-7 miles.
Tip: You are now beginning to taper for the Credit Union Cherry Blossom. This week will be moderate in intensity. Your hard training is over and you should be doing a lot of easy running. Too much hard running before a long race can leave you tired on race day, with disappointing race results.

Tuesday (03/23)

Distance: 5-7 miles
Goal: 3-4 Credit Union Cherry Blossom race pace mile repeats.
Tip: Warm up for one mile and then run 3-4 one-mile repeats at goal race pace with a 400-meter jog recovery (2-3 minutes) between miles. Cool down one mile.

Wednesday (03/24)

Distance: 4-6 miles
Goal: Easy run
Tip: Most of your training is over. You will start having more days off. Remember to stretch on days off.

Thursday (03/25)

Distance: 4-6 miles
Goal: 2-3 Credit Union Cherry Blossom repeat miles.

Tip: Warm up for one mile and then run 2-3 one-mile repeats at goal pace with a 2-3 minute jog recovery. Cool down run of one mile.

Friday (03/26)

Distance: Rest day or optional easy recovery run of 3-5 miles.
Goal: Taper!
Tip: Nothing you do today will make you faster on race day. Overtraining, however, can result in a bad race. You want to go into the race rested and frisky.

Saturday (03/27)

Distance: 5-6 miles
Goal: 5-10K race or easy run.
Tip: If you race this weekend, it will be your last hard effort. Stay away from races longer than a 10K; otherwise, you may not be fully recovered on race day. Run very easy if not racing today.

Sunday (03/28)

Distance: 6-9 miles
Goal: Last long run.
Tip: If you did not race yesterday, consider running 2-3 miles at predicted Credit Union Cherry Blossom pace at the end of the run. The more race pace miles you run, the more likely it is that you will be able to hold that pace for 10 miles.

Week 10 (03/29-04/04)

Overview: It's taper week – time to rest more and reduce mileage by 50% Your goal is to be fresh and fully recovered on race day. Easy days should be low mileage accompanied by rest days. If you are planning to run both the 5K and 10-mile races, consider taking more rest days.

Monday (03/29)

Goal: Rest day or easy recovery run of 3-5 miles.
Tip: Taper continues with less than one week to go. Your main goal now is to be fully rested on Sunday.

Tuesday (03/30)

Distance: 4-6 miles
Goal: Easy run.
Tip: Make sure you are stretching and staying hydrated. If you feel strong, you can run a mile at race pace followed by an easy mile and run a second mile at race pace.

Wednesday (03/31)

Goal: Rest day.
Tip: REST. It is important to stay hydrated during this taper.

Thursday (04/01)

Distance: 3-5 miles
Goal: Very slow jog.
Tip: This is one of your last easy runs before the Credit Union Cherry Blossom race. You should go out very leisurely. Start mentally preparing for the race.

Friday (04/02)

Goal: Rest day or optional easy recovery run of 3-4 miles.
Tip: Consider picking up your packet if possible at the Health and Fitness Expo presented by Wegmans at the National Building Museum after it opens at 1:00 p.m. 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)

Goal: Rest day or optional easy jog of 15-20 minutes.
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 confirmation email 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 the 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.** Check the race website for recommended transportation. 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 trucks; 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)

Tip: Coach Carlamae and Coach Kimela recommend an easy recovery week with no speedwork. It takes about ten days to fully recover from a 10-mile race. Take Monday off or go for a very short and easy run. Runs for the rest of the week should be at a conversational pace. By the weekend, you should be able to do your normal long run. You can resume full all-out training and speedwork the following week. Keep up your weekly long run of 10-12 miles over the spring and summer. This will enable you to run a half-marathon or full marathon this fall.

