



# 15k Training Program

## 12 week schedule

Put your best foot forward on race day with this comprehensive training program. We created it just for you using your pace and distance-- if it looks too easy or too difficult, log in to your account and make the changes you see fit. Expect weekly breakdowns in your inbox to keep you feeling inspired. Ready, set... chocolate!

	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	OFF	40-50 minute easy run	OFF or XT or 30-40 minute easy run	PC: 10-15 x 1 min fast with 1 min recover jog	OFF	OFF or XT or 30-40 minute easy run	60-90 minute long run
Week 2	OFF	40-50 minute easy run	OFF or XT or 40-50 minute easy run	PC: 5-6 x 2 minutes fast followed by 1 minute slow	OFF	OFF or XT or 30-40 minute easy run	60-90 minute long run
Week 3	OFF	40-50 minute easy run	OFF or XT or 40-50 minute easy run	PC: 4-5 x 3 minutes fast followed by 1 minute slow	OFF	OFF or XT or 50-60 minute easy run	80-100 minute long run
Week 4	OFF	30-40 minute easy run	OFF or XT or 30-40 minute easy run	PC: 10-15 x 1 min fast with 1 min recover jog	OFF	OFF or XT or 30-40 minute easy run	FF: 10-14 miles total with last 2-4 miles @ 15K goal pace.
Week 5	OFF	45-60 minute easy run	OFF or XT or 40-50 minute easy run	PP: 4-5 x 1 mile @ goal 15K pace with 2 minutes recovery jog	OFF	OFF or XT or 30-40 minute easy run	80-100 minute long run
Week 6	OFF	45-60 minute easy run	OFF or XT or 40-50 minute easy run	TR: 3-4 miles	OFF	OFF or XT or 50-60 minute easy run	90-105 minute long run
Week 7	OFF	60-80 minute easy run	OFF or XT or 40-50 minute easy run	PP: 3 x 2 miles @ goal 15K pace with 3 minutes recovery jog	OFF	OFF or XT or 30-40 minute easy run	FF: 10-14 miles total with last 2-4 miles @ 15K goal pace.

Week 8	OFF	30-45 minute easy run	OFF or XT or 30-40 minute easy run	PP: 5-6 x 1200 meters (3/4 mile) @ 15K goal pace with 2-3 minute recovery jog	OFF	OFF or XT or 50-60 minute easy run	90 minute long run
Week 9	OFF	60-80 minute easy run	OFF or XT or 40-50 minute easy run	TR: 3-4 miles	OFF	OFF or XT or 30-40 minute easy run	FF: 10-14 miles total with last 2-4 miles @ 15K goal pace.
Week 10	OFF	45-60 minute easy run	OFF or XT or 40-50 minute easy run	PP: 6-7 x 1 mile @ 15K goal pace with 2-3 minute recovery jog	OFF	OFF or XT or 50-60 minute easy run	90-105 minute long run
Week 11	OFF	30-40 minute easy run	OFF or XT or 40-50 minute easy run	TR: 2-3 miles	OFF	OFF or XT or 30-40 minute easy run	FF: 8-10 miles total with last 2-3 miles @ 15K goal pace.
Week 12	OFF	PP: 4-5 x 800m @ 15K goal pace with 1 minute recovery jog	OFF or XT or 30-40 minute easy run	30-40 minute easy run	OFF	OFF or XT or 20-30 minute easy run	<b>RACE: 15K</b>

## Training Tips, Tricks and Advice

### ESSENTIALS

- Hydration is key before, during and after a run.
- Cross-training includes, but is not limited to, weights, swimming, cycling, rollerblading and fitness classes.
- Begin each workout with a short warm up. Just like starting a car, your body needs a little time to warm up its engine.
- It's common to be sore the day after a run. However, if the problem persists, take a OFF day. Consult your doctor if in doubt.

### EQUIPMENT

- A quality pair of running shoes are essential to your success. Visit your local running store to get fit for a pair that works best for you.
- When running at night, wear reflective clothing. Always run with the assumption that a car does not see you.

### RECOVERY

- Light stretching after a workout is a great way to feel less stiff the next day.
- Ask your local running store if they recommend any running clubs. These clubs have a great deal of

knowledge and have runners of all ability levels.

## **HAVE SOME FUN!**

- Running with a friend is a great way to brighten your run. For longer runs, meet a friend halfway through to give your run a boost.
- Ask your local running store if they recommend any running clubs. These clubs have a great deal of knowledge and have runners of all ability levels.

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