



ROAD TO WELLNESS 5K TRAINING CALENDAR

Saturday Coached runs take place at 9AM at the following locations as listed per each date:

- . Playstead Park in Franklin Park near the Giraffe entrance to the Zoo
- . Soccer field at Roxbury YMCA
- . Race Start at Dimock Center

Week	Phase	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
17-Jun	Prep							Coach: Gael Plan overview, Gentle nutrition Dynamic Stretch Run and Run/Walk pace groups for 1-3 miles Post-run stretch
24-Jun	Prep							Holiday
8-Jul	Prep							Coach: Gael Dynamic Drills Run, Run/Walk pace groups 1-3 miles Post stretch drills
15-Jul	Endurance/ Pace							Roxbury YMCA Training Day Endurance build-up/pacing run: 200 repeats around the Soccer field
22-Jul	Endurance/ Pace							Coach: Gael Endurance build-up/pacing run: Fartleks
29-Jul	Endurance/ Pace							Roxbury YMCA Training Day Endurance build-up/pacing run: 200 repeats around the Soccer field
5-Aug	Endurance/ Pace							Coach: Gael/Caleb: Timed two mile loop run/walk from Dimock
12-Aug	Race Tune-up							Roxbury YMCA Training Day Timed test run for all paces - non stop 2 mile loop
19-Aug	Race Tune-up							Coach: Gael/Caleb Timed test run for all paces - Race Course
26-Aug	Race Tune-up							Coach: Gael/Caleb Timed test run for all paces - Race Course
2-Sep	Race Tune-up							Coach: Gael/Caleb Timed test run for all paces - Race Course
9-Sep	Recovery week!							RACE DAY!!