

THE FRANKFORT TRIFECTA RUN/WALK SERIES TRAINING PROGRAM - INTERMEDIATE

WEEK OF	SUN	MON	TUE	WED	THUR	FRI	SAT
FEBRUARY 27	4 miles (E)	3 miles (E), ST	3.5 miles (E)	X-Train 30- 40 min	3 miles (M), ST	Rest	X-Train 30- 40 min
MARCH 6	4 miles (E)	3 miles (E), ST	3.5 miles (E)	X-Train 30- 40 min	3 miles (M), ST	Rest	X-Train 30- 40 min
MARCH 13	4.5 miles (E)	3 miles (E), ST	3.5 miles (E)	X-Train 30- 40 min	Run for the Gold 3K	Rest	X-Train 30- 40 min
MARCH 20	4.5 miles (E)	3 miles (E), ST	3.5 miles (E)	X-Train 30- 40 min	3 miles (M), ST	Rest	X-Train 30- 40 min
MARCH 27	4.5 miles (E)	3 miles (E), ST	3.5 miles (E)	X-Train 30- 40 min	3 miles (M), ST	Rest	X-Train 30- 40 min
APRIL 3	5 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	2 miles (H), ST	Rest	X-Train 35- 45 min
APRIL 10	5 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	2 miles (H), ST	Rest	X-Train 35- 45 min
APRIL 17	5 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	ST	Tomorrow's Children 5K	Rest
APRIL 24	5 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	3.5 miles (M), ST	Rest	X-Train 35- 45 min
MAY 1	6 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	3.5 miles (M), ST	Rest	X-Train 35- 45 min
MAY 8	6 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	2.5 miles (H), ST	Rest	X-Train 35- 45 min
MAY 15	6 miles (E)	3 miles (E), ST	4 miles (E/M)	X-Train 30- 40 min	ST	Pro.Active 5K	Rest
MAY 22	6.5 miles (E)	3 miles (E), ST	4.5 miles (E/M)	X-Train 30- 40 min	2.5 miles (M), ST	Rest	X-Train 45- 60 min
MAY 29	7 miles (E)	3 miles (E), ST	4.5 miles (E/M)	X-Train 30- 40 min	3 miles (H), ST	Rest	X-Train 45- 60 min
JUNE 5	6 miles (E)	3 miles (E), ST	4.5 miles (E/M)	X-Train 30- 40 min	3 miles (H), ST	Rest	X-Train 45- 60 min
JUNE 12	4 miles (E)	3 miles (E), ST	Rest	X-Train 30- 40 min	2 miles (E), ST	Rest	Activate America 5 Miler

Key

ST = Strength Training and Stretching

E = Easy pace (55-65% of your Max Heart Rate)

M = Moderate pace (65-80% of your Max Heart Rate)

H = Hard pace (75-90% of your Max Heart Rate)

X-Train = Cross Training (bike, swim, EFX)

Estimated Max Heart Rate = 220-age

**This schedule is for individuals who can comfortably exercise aerobically for at least 40 minutes. If you have problems completing the distance, then just walk when necessary. If you miss a workout don't worry just pick up with the next day of the schedule. This schedule includes 4 days a week of jogging, 1-2 days of cross-training and two days of strength training.