



**LECOM 6,000 Steps For Success 5K and 1-Mile Wellness Walk**  
**Sample 8-Week Workout Plan- Intermediate/Advanced**

<b>Intermediate/Advanced 8-Week Training Plan</b>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	30-45 minutes Cross Training	3x400m Interval workout	2 mile run	30 min tempo run	30 min jog at an easy pace	5 mile run	Rest or walk
<b>Week 2</b>	30-45 minutes Cross Training	4x 400m Interval workout	2 mile run	30 min tempo run	35 min jog at an easy pace	5 mile run	Rest or walk
<b>Week 3</b>	30-45 minutes Cross Training	4x400m interval workout	3 mile run	30 min tempo run	35 min jog at an easy pace	6 mile run	Rest or walk
<b>Week 4</b>	30-45 minutes Cross Training	5x400m interval workout	3 mile run	35 min tempo run	40 min jog at an easy pace	6 mile run	Rest or walk
<b>Week 5</b>	30-45 minutes Cross Training	5x400m interval workout	3 mile run	35 min tempo run	40 min jog at an easy pace	7 mile run	Rest or walk
<b>Week 6</b>	30-45 minutes Cross Training	6x400m interval workout	3 mile run	40 min tempo run	45 min jog at an easy pace	7 mile run	Rest or walk
<b>Week 7</b>	30-45 minutes Cross Training	6x400m interval workout	3 mile run	40 min tempo run	45 min jog at an easy pace	6 mile run	Rest or walk
<b>Week 8</b>	30-45 minutes Cross Training	30 min tempo run	2 mile run	30 minute jog	Rest or walk	<b>5k Race Day</b>	Rest or walk

**Cross Training:** Cardio activity other than running: swimming, cycling, elliptical, all-motion trainer, etc.

**Interval workouts:** Begin with a mile warm-up at an easy pace. Alternate running 400 meters at a hard pace (faster than race pace, but slower than a sprint) and walk/jogging 400 meters. Walk/ jog a mile after interval workout for a cool down.

**Tempo Run:** Begin the first 10 minutes at an easy pace. Increase your speed to your 10k pace or a pace that is slightly slower than your 5k pace (comfortably difficult) for the rest of the tempo run. End with an additional 5-10 minutes at an easy pace.



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### **Post-run Exercises**

Perform exercises in the order shown for each week day; repeat circuit 2-3 times.

#### **Monday and Wednesday:**

1. Walking lunges- Take a large step forward, lower body until front leg is at 90 degrees, keep knee behind toe. Bring feet back together and repeat with opposite leg. Lunge 12 times with each leg.
2. Front plank- Lay on stomach with elbows under shoulders; lift body weight up onto your forearms and toes. Keeping core tight, hold for 20-60 seconds.
3. Bridge: Lay on back with feet flat on floor and ankles directly below knees. Raise hips off the ground and tighten glutes and hamstrings. Hold position for 20-60 seconds.

#### **Tuesday and Thursday:**

1. Pushups- Start in plank position with hands directly beneath shoulders and arms extended. Lower body toward floor until arms are approximately at 90 degrees and then push body back up until arms are straight. To modify, perform exercise from your knees. Repeat as many times as possible.
2. Bicycle crunch- With lower back flat on the floor, raise feet and shoulders off the ground. Crunch forward reaching right elbow to left knee; alternate with other side. Perform for 30-60 seconds.
3. Modified bird dog- Starting on hands and knees, raise and straighten right arm and left leg until parallel to the floor. Hold for approximately 5 seconds and repeat on opposite side. Repeat 15 times.

#### **Saturday:**

1. Bodyweight squat- Begin standing with feet shoulder width apart; lower body as if you were sitting in an invisible chair. Push through heels and return to standing position. Repeat 15 times.
2. Walking plank- Begin in plank position and extend one arm up at a time until in pushup position; immediately lower into plank position. Repeat this movement for 20-60 seconds.
3. Lateral leg lift- Lying on side with knees slightly bent; lift both feet up approximately 4-6 inches off the floor keeping torso stationary. Repeat 12-15 times.

#### **Friday and Sunday:**

Rest