



AUGUST 2011

10K TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 "Kick-Off" Celebration
7 Walk 25 min	8 Rest	9 1.5 miles-Fast	10 X-train 20 min	11 1 mile-Hills	12 Rest	13 2.5 miles
14 Run/Walk 20 min	15 Rest	16 2 miles	17 Interval 25 min	18 Run/Walk 25 min	19 Rest	20 3 miles
21 Recovery Run 25 min-Easy	22 Rest	23 Run/Walk 30 min	24 X-train 30-40 min	25 2 miles	26 Rest	27 3.5 miles
28 Recovery Walk 40 min-Easy	29 Rest	30 30 min-Hills (walk)	31 Interval 30 min	Thank you for choosing to make a difference! Welcome! Thank you for committing your time and effort to saving the life of a child with every penny you raise and every step you take. Every 16 hours a child with neuroblastoma dies, every day 46 kids in schools around the country are diagnosed. Keep RUNNING, Keep FIGHTING!		


The Ishan Gala Foundation is 501(c)3 non-profit organization. This training is not mandatory but highly recommended for the safety and well being of our runners.



SEPTEMBER 2011

10K TRAINING SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>How does the Ishan Gala foundation make a difference? Through fundraising events to help increase awareness and fund research, provides a Heros Grant and helps families.</p>				<p>T-togetherwe accomplish more E-endure the temporary pain A-achieve a monumental goal M-make every moment count!</p>		<p>1 25 min-Pace</p>	<p>2 Rest</p>	<p>3 4 miles</p>
<p>4 Recovery 30-40 min-Easy</p>	<p>5 </p>	<p>6 2 miles-Easy</p>	<p>7 X-train 30-40 min</p>	<p>8 Stretch/Core/Walk 30 min</p>	<p>9 Rest</p>	<p>10 3 miles</p>		
<p>11 Recovery 40 min-Easy</p>	<p>12 Rest</p>	<p>13 30 min-Tempo</p>	<p>14 Interval 30-40 min</p>	<p>15 25 min-Hills</p>	<p>16 Rest</p>	<p>17 4.5 miles</p>		
<p>18 Recovery 35 min-Easy</p>	<p>19 Rest</p>	<p>20 3 miles</p>	<p>21 X-train 30-40 min</p>	<p>22 2 miles</p>	<p>23 Rest</p>	<p>24 5 miles</p>		
<p>25 Recovery 40 min-Easy</p>	<p>26 Rest</p>	<p>27 3 miles-Pace</p>	<p>28 Interval 30-40 min</p>	<p>29 35 min-Easy</p>	<p>30 Rest</p>			

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OCTOBER 2011

10K TRAINING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>What is a Hero? A hero thinks of others before they think of themselves * A hero can be of any age, any colour * A hero can be man, woman or child * A hero is courageous, loving and brave * A hero will never complain * A hero can be made in one act of compassion * Hero's are angels in disguise, saving precious innocent lives * HEROES are people like YOU! Thank you for being a hero to us!!</p>						<p>1</p> <p>6 miles</p>
<p>2</p> <p>Recovery Run 35 min-Easy</p>	<p>3</p> <p>Rest</p>	<p>4</p> <p>2 miles</p>	<p>5</p> <p>Intervals 30-40 min</p>	<p>6</p> <p>3 miles</p>	<p>7</p> <p>Rest</p>	<p>8</p> <p>5 miles</p>
<p>9</p> <p>Recovery Run 30-40 min-Easy</p>	<p>10</p> 	<p>11</p> <p>45 min-Hills</p>	<p>12</p> <p>X-train 30 min</p>	<p>13</p> <p>3 miles</p>	<p>14</p> <p>Rest</p>	<p>15</p> <p>3 miles</p>
<p>16</p> <p>Recovery Run 30 min-Easy</p>	<p>17</p> <p>Rest</p>	<p>18</p> <p>2 miles</p>	<p>19</p> <p>Intervals 30 min</p>	<p>20</p> <p>2 miles-Tempo</p>	<p>21</p> <p>Rest</p>	<p>22</p> <p>1 miles</p>
<p>23</p> <p>Recovery Run 20 min-Easy</p>	<p>24</p> <p>Rest</p>	<p>25</p> <p>30 min-Easy</p>	<p>26</p> <p>X-train 20 min</p>	<p>27</p> <p>REST!!!</p>	<p>28</p> <p>20 mins-Easy</p>	<p>29</p> <p>Packet Pickup Pasta Dinner TBD</p>
<p>30</p>  <p>RACE DAY</p>	<p>31</p>	<p>Congratulations Hero!!! Thank You & Well Done!</p>				