



12 WEEK TRAINING SCHEDULE

**YAKIMA
ATHLETIC CLUB**

yakimaathletic.com | 509.453.6521

The Yakima Athletic Club is the exclusive training sponsor of the Downtown Yakima Mile. Runners of all ages and abilities will take over Yakima Avenue beginning at 6:00 p.m. that day to race their fastest mile from start to finish on one of the city's busiest streets.

If you have always wanted to try a race but were hesitant about the distance, or if you are a seasoned runner who wants to try something different, this event is for you. Yakima Athletic Club Trainer, Josh Merz has created a training schedule, with a variety of sessions to help you develop endurance and speed to run your fastest mile.

Looking for a customized plan contact:

JOSH MERZ

Elite Personal Trainer, Fitness Director | Yakima Athletic Club

josh@yakimaathletic.com

509.453.6521 x 204

Josh developed his love for personal training and triathlon while obtaining a degree in finance at Eastern Washington University. In 2010; he completed his first Ironman in less than 12 hours. Josh has been a personal trainer since 2006 and loves helping people meet and exceed their health and fitness goals.

- B.A. Finance and Economics
- NASM Certified Personal Trainer
- Performance Enhancement Specialist
- Corrective Exercise Specialist
- DotFIT Certified Specialist
- SPRINT™ Instructor

TRAINING SCHEDULE | WEEKS 1 - 6

THE DOWNTOWN YAKIMA MILE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activity	Run	Run	Cross-Training	Run	Run	Cross-Training	Optional
1	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	3-Mile Run	2-Mile Run or Cross-Train	3-Mile Run	Rest	30-Minute Cross-Train	2-Mile Run
2	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	3-Mile Run	2-Mile Run or Cross-Train	3-Mile Run	Rest	30-Minute Cross-Train	2-Mile Run
3	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	3.5-Mile Run	2-Mile Run or Cross-Train	3.5-Mile Run	Rest	40-Minute Cross-Train	3-Mile Run
4	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	3.5-Mile Run	2-Mile Run or Cross-Train	3.5-Mile Run	Rest	40-Minute Cross-Train	3-Mile Run
5	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	4-Mile Run	2-Mile Run or Cross-Train	4-Mile Run	Rest	40-Minute Cross-Train	4-Mile Run
6	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	4-Mile Run	2-Mile Run or Cross-Train	4-Mile Run	Rest or Easy Run	Rest	4-Mile Run

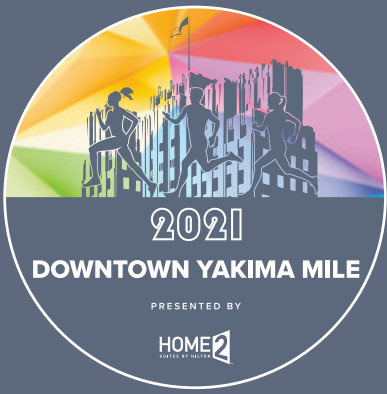
Intensity Level: ■ Low ■ Moderate to High ■ Moderate ■ High Optional/Makeup

TRAINING SCHEDULE | WEEKS 7 - 12

THE DOWNTOWN YAKIMA MILE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activity	Run	Run	Cross-Training	Run	Run	Cross-Training	Optional
7	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	4.5-Mile Run	3-Mile Run or Cross-Train	4.5-Mile Run	Rest	50-Minute Cross-Train	5-Mile Run
8	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	4.5-Mile Run	3-Mile Run or Cross-Train	4.5-Mile Run	Rest	50-Minute Cross-Train	5-Mile Run
9	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	5-Mile Run	3-Mile Run or Cross-Train	5-Mile Run	Rest or Easy Run	Rest	2-Mile Run for Best Time
10	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	5-Mile Run	3-Mile Run or Cross-Train	5-Mile Run	Rest	60-Minute Cross-Train	2-Mile Run for Best Time
11	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	5-Mile Run	3-Mile Run or Cross-Train	5-Mile Run	Rest	60-Minute Cross-Train	1-Mile Run for Best Time
12	100 Meter Sprint x10 3-Minute Walk (after every 100M sprint) 45-50 Minute Jog	4-Mile Run	3-Mile Run or Cross-Train	2-Mile Run	Rest	Rest	1-Mile Run for Best Time

Intensity Level: ■ Low ■ Moderate to High ■ Moderate ■ High Optional/Makeup



12 WEEK TRAINING SCHEDULE

WARM UP &
COOL DOWN

5-Minute Dynamic Warm Up

20 seconds each for the following:

- Alternating High Kicks
- Alternating Toe Touches
- Alternating Knee Tucks
- Alternating Hip Turn Outs
- Alternating Lunge with Twist
- Forward Arm Circles
- Backward Arm Circles
- Butt Kicks
- High Knees
- Jumping Jacks
- Burpees

10-Minute Cool Down Stretches

20 seconds each for the following:

- Seal pose
- Child's Pose
- Right Hip Stretch (Leg Down)
- Right Hip Stretch (Leg Up)
- Left Hip Stretch (Leg Down)
- Left Hip Stretch (Leg Up)
- Right Deep Lunge
- Left Deep Lunge
- Butterfly
- Right Lying Leg Over
- Left Lying Leg Over
- Seated Legs Apart Middle Reach
- Seated Right Knee over Tuck
- Seated Left Knee over Tuck
- Standing Legs Apart Right Reach
- Standing Legs Apart Left Reach
- Feet Together Reach Pull
- Standing Right Quad Stretch
- Standing Left Quad Stretch
- Left Arm Over
- Right Arm Over
- Right Arm Behind
- Left Arm Behind

You don't need to do all the warm up or cool down exercises. Choose 4 to 5 of each, on each day.

**YAKIMA
ATHLETIC CLUB**

yakimaathletic.com | 509.453.6521



12 WEEK TRAINING SCHEDULE

POINTS OF NOTE

**YAKIMA
ATHLETIC CLUB**

yakimaathletic.com | 509.453.6521

Pace

Don't worry about how fast you run your regular workouts. Run at a comfortable pace, a conversational pace. If you can't do that, you're running too fast. (For those wearing heart rate monitors, your target zone should be between 65 and 75 percent of your maximum pulse rate.)

Distance

The training schedule dictates workouts at distances, from 5 to 10 miles a week. Don't worry about running precisely those distances, but you should come close. Pick a course through the neighborhood, or in some scenic area or on the track. In deciding where to train, talk to other runners. GPS watches make measuring courses easy.

Rest

Rest is as important a part of your training as the runs. You will be able to run the long runs on the weekend better if you rest before, and rest after.

Long Runs

The key to 1 mile under 5 minutes training is the long run, progressively decreasing the time it takes you to complete a mile each time you train. Over a period of 12 weeks, your longest run will increase from 3 to 5 miles. I know that you are not going to be running a 3 to 5 miles but doing this will enhance your endurance tremendously for when the time comes to do the race. The schedule below suggests doing your long runs on Sundays, but you can do those Saturdays, or any other convenient day.

Walking

Walking is an excellent exercise that a lot of runners overlook in their training. I don't specify walking breaks, but feel free to walk during your running workouts any time you feel tired.



12 WEEK TRAINING SCHEDULE

POINTS OF NOTE

YAKIMA ATHLETIC CLUB

yakimaathletic.com | 509.453.6521

Cross-Training

On the schedule above, this is identified as “cross train.” What form of cross-training? Aerobic exercises work best. It could be swimming, cycling, and walking, cross-country skiing, snowshoeing, or even some combination that could include strength training. Cross train on Wednesdays and/or Saturdays. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Strength-Training

If you never have lifted weights before, now might not be the best time to start. Wait until after completing this program. If you are an experienced lifter, continue, although you may want to cut back somewhat as the mileage builds near the end. Tuesdays and Thursdays after your run would be good days on which to lift.

Cross-Training Days Workout Options

Activity	WEEK 1-4	WEEK 5-8	WEEK 9-12
Total Body	<p>LOW TO HIGH:</p> <ul style="list-style-type: none"> • Planks 4x1min • Ab Rollout 4x12e • Oblique Toss 4x10e • Dead Lift 4x8e • DB Lunges 4x12e • Squats 4x8-10e • Leg Press 4X8-10e • ALT. DB Snatches 4x8e 	<p>TOTAL BODY:</p> <ul style="list-style-type: none"> • Planks 4x1min • Ab Rollout 4x12e • Oblique Toss 4x10e • Dead Lift 4x8e • Dumbbell Lunges 4x12e • Squats 4x8-10e • Leg Press 4X8-10e • Pull Ups 4X10e 	<p>HIGH INTENSITY:</p> <ul style="list-style-type: none"> • Sit Ups 4x12 e • Russian Twist 4x12e • Oblique Toss 4x10e • Dead Lift 4x8 • DB Lunges 4x12e • Squats 4x8-10 • Leg Press 4x8-10 • ALT. DB Snatches 4x8e