



Pomerene Hospital Training Plan 5K Race

Training for a run could add a new level of challenge and interest to your exercise program. Prepare for your race day in just two months. This training schedule incorporates a mix of running, walking, and resting. This combination helps reduce the risk of injury, stress, and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this training schedule.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Power Walk for 40 minutes.	Run for 15 seconds, walk for 45 seconds. Continue to do for a duration of 30 minutes.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout. *Run 1-mile at a leisurely pace for an easy warm-up. Follow with a 5-minute rest period. *Run 1-mile again at a fast pace for a hard workout. Follow with a 3-minute rest period. *Run 1-mile at a leisurely pace again for a cool-down.	Enjoy a leisurely run for 20 minutes. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 2	Enjoy a leisurely run for 20 minutes. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Power Walk for 40 minutes.	Run for 15 seconds, walk for 45 seconds. Continue to do for a duration of 30 minutes.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.
Week 3	Complete the Magic Mile Workout.	Enjoy a leisurely run for 25 minutes. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Power Walk for 45 minutes.	Run for 20 seconds, walk for 40 seconds. Continue to do for a duration of 30 minutes.	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.
Week 4	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.	Enjoy a leisurely run for 25 minutes. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Power Walk for 45 minutes. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.	Run for 20 seconds, walk for 40 seconds. Continue to do for a duration of 30 minutes.
Week 5	Run for 25 seconds, walk for 35 seconds. Continue to do for a duration of 30 minutes.	Cross train for 50 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.	Enjoy a leisurely run for 30 minutes. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Power Walk for 50 minutes. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.
Week 6	Power Walk for 50 minutes. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.	Run for 25 seconds, walk for 35 seconds. Continue to do for a duration of 30 minutes.	Cross train for 50 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.	Enjoy a leisurely run for 30 minutes. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 7	Practice Race: Run 3.1 miles with the same intensity as you will on race day. This will help you get a feel for the course and race.	Power Walk for 60 minutes. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.	Run for 30 seconds, walk for 30 seconds. Continue to do for a duration of 30 minutes.	Spend 30 minutes thoroughly stretching your major muscle groups.	Rest for race day!

For more training ideas, please contact Pomerene Kinetics.

1237 Glen Drive • Millersburg, Ohio 44654
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Pomerene Hospital Training Plan 10K Race

Training for a run could add a new level of challenge and interest to your exercise program. Prepare for your race day in just two months. This training schedule incorporates a mix of running, walking, and resting. This combination helps reduce the risk of injury, stress, and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this training schedule.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Run 3 miles.	Run for 60 seconds at moderate pace, walk for 30 seconds. Continue to do for a duration of 20 minutes.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 400M at your goal race pace. Follow with 2-minutes rest. Repeat for an additional 7 times. *Run 1-mile at a leisurely pace again for a cool-down.	Enjoy a leisurely 4-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 2	Enjoy a leisurely 5-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Run 3 miles.	Run for 60 seconds at moderate pace, walk for 15 seconds. Continue to do for a duration of 20 minutes.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 800M at your goal race pace. Follow with 90-second rest. Repeat for an additional 4 times. *Run 1-mile at a leisurely pace again for a cool-down.
Week 3	<i>Workout Day:</i> *Run 1.5-mile at a leisurely pace for an easy warm-up. *Run 400M at your goal race pace. Follow with 90-second rest. Repeat for an additional 9 times. *Run 1.5-mile at a leisurely pace again for a cool-down.	Enjoy a leisurely 6-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Run 4 miles.	Run for 90 seconds at moderate pace, walk for 30 seconds. Continue to do for a duration of 30 minutes.	Cross train for 35 minutes. Examples include swimming, biking, yoga, weight training, etc.
Week 4	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 1000M at your goal race pace. Follow with 60-second rest. Repeat for an additional 4 times. *Run 1-mile at a leisurely pace again for a cool-down.	Enjoy a leisurely 7-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Run 4 miles. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.	Run for 90 seconds at moderate pace, walk for 10 seconds. Continue to do for a duration of 30 minutes.
Week 5	Run for 120 seconds at moderate pace, walk for 30 seconds. Continue to do for a duration of 40 minutes.	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.	<i>Workout Day:</i> *Run 2-mile at a leisurely pace for an easy warm-up. *Run 800M at your goal race pace. Follow with 60-second rest. Repeat for an additional 7 times. *Run 2-mile at a leisurely pace again for a cool-down.	Enjoy a leisurely run for 8-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Run 4 miles. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.
Week 6	Run 3 miles. Add gradual incline through climbing stairs, small hills, or percentages on the treadmill.	Run for 120 seconds at moderate pace, walk for 15 seconds. Continue to do for a duration of 40 minutes.	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc.	<i>Workout Day:</i> *Run 1.5-mile at a leisurely pace for an easy warm-up. *Run 1-mile at your goal race pace. Follow with 60-second rest. Repeat for an additional 3 times. *Run 1.5-mile at a leisurely pace again for a cool-down.	Enjoy a leisurely 10-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 7	Practice Race: Run 6.2 miles with the same intensity as you will on race day. This will help you get a feel for the course and race.	Enjoy a leisurely 3-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Run a 1-mile warm-up at an easy pace. Rest for 5-minutes. Sprint for 50M. Rest for 3-minutes. Repeat for an additional 7 times. Cool-down with a 1-mile jog.	Spend 30 minutes thoroughly stretching your major muscle groups.	Rest for race day!

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Pomerene Hospital Training Plan Half Marathon

Training for a race could add a new level of challenge and interest to your exercise program. Prepare for your race day in just two months. This training schedule incorporates a mix of running, walking, and resting. This combination helps reduce the risk of injury, stress, and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this training schedule.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 2-miles at your goal race pace. *Run 1-mile at a leisurely pace again for a cool-down.	Run for 3 miles at an easy pace.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc	Enjoy a leisurely 6-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 2	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc	<i>Workout Day:</i> *Run 1.5-mile at a leisurely pace for an easy warm-up. *Run up an incline for about 60 seconds at a comfortably hard pace and then jog down for 60 seconds. Repeat 4-6 more times. *Run 1.5-mile at a leisurely pace again for a cool-down.	Run for 4 miles at an easy pace.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	Enjoy a leisurely 7-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 3	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc	<i>Workout Day:</i> *Run 2-mile at a leisurely pace for an easy warm-up. *Run 4-miles at your goal race pace. *Run 2-mile at a leisurely pace again for a cool-down.	Run for 4 miles at an easy pace.	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc	Enjoy a leisurely 8-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 4	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 5-miles at your goal race pace. *Run 1-mile at a leisurely pace again for a cool-down.	Run for 5 miles at an easy pace.	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc	Enjoy a leisurely 9-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 5	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 4-miles at your goal race pace. At the beginning of each mile, sprint for the first 15 seconds. *Run 1-mile at a leisurely pace again for a cool-down.	Run for 6 miles at an easy pace.	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc	Enjoy a leisurely 10-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 6	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc	<i>Workout Day:</i> *Run 1-mile at a leisurely pace for an easy warm-up. *Run 6-miles at your goal race pace. *Run 1-mile at a leisurely pace again for a cool-down.	Run for 4 miles at an easy pace.	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc	Enjoy a leisurely 12-mile run. Run at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 7	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc	<i>Workout Day:</i> *Run 2-mile at a leisurely pace for an easy warm-up. *Run 2-miles at your goal race pace. *Run 2-mile at a leisurely pace again for a cool-down.	Spend 30 minutes thoroughly stretching your major muscle groups.	Run for 2 miles at an easy pace.	Rest for race day!

For more training ideas, please contact Pomerene Kinetics Fitness For Life.
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Pomerene Hospital

Training Plan

2-Mile Fun Walk

Training for an event could add a new level of challenge and interest to your exercise program. Prepare for your race day in just two months. This training schedule incorporates a mix of running, walking, and resting. This combination helps reduce the risk of injury, stress, and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this training schedule.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	15 Minute Power Walk.	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 2 more times.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	<p><i>Complete the Magic Mile Workout.</i></p> <p>*Walk 1-mile at a leisurely pace for an easy warm-up. Follow with a 5-minute rest period.</p> <p>*Walk 1-mile again at a fast pace for a hard workout. Follow with a 3-minute rest period.</p> <p>*Walk 1-mile at a leisurely pace again for a cool-down.</p>	Enjoy a leisurely walk for 30 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 2	Enjoy a leisurely walk for 30 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.	15 Minute Power Walk.	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 2 more times.	Cross train for 30 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.
Week 3	Complete the Magic Mile Workout.	Enjoy a leisurely walk for 40 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.	20 Minute Power Walk.	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 3 more times.	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.
Week 4	Cross train for 40 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.	Enjoy a leisurely walk for 40 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.	20 Minute Power Walk.	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 3 more times.
Week 5	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 4 more times.	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.	Enjoy a leisurely walk for 50 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.	25 Minute Power Walk.
Week 6	25 Minute Power Walk.	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 4 more times.	Cross train for 45 minutes. Examples include swimming, biking, yoga, weight training, etc.	Complete the Magic Mile Workout.	Enjoy a leisurely walk for 50 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.
Week 7	Enjoy a leisurely walk for 60 minutes. Walk at a comfortable pace, where you could easily carry a conversation with a friend or family member.	Practice Race: Walk 2 miles with the same intensity as you will on race day. This will help you get a feel for the course and race.	Climb an incline (hills, stairs, or percentage on treadmill) for 3 minutes, followed by 3 minutes of rest. Repeat 5 more times.	Spend 30 minutes thoroughly stretching your major muscle groups.	Rest for race day!

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