



SHAMROCK SHUFFLE TRAINING PLAN

8 WEEKS (1.16.23 - 3.11.23)



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 Mile Easy Run (Intervals 5/1)	1.5 mile run PACE	Cross Train (Spin, Elliptical, Swim)	1.5 mile run HILL WORKOUT	Rest	1.5 mile run PACE	Stretching/Yoga (Active Recovery)
2	3 Mile Easy Run (Intervals 5/1)	1.75 mile run PACE	Cross Train (Spin, Elliptical, Swim)	1.5 mile run HILL WORKOUT	Rest	1.75 mile run PACE	Stretching/Yoga (Active Recovery)
3	3 Mile Easy Run (Intervals 5/1)	2 mile run PACE	Cross Train (Spin, Elliptical, Swim)	1.5 mile run HILL WORKOUT	Rest	2 mile run PACE	Stretching/Yoga (Active Recovery)
4	3 Mile Easy Run (Intervals 5/1)	2.25 mile run PACE	Cross Train (Spin, Elliptical, Swim)	1.5 mile run HILL WORKOUT	Rest	2.25 mile run PACE	Stretching/Yoga (Active Recovery)
5	3 Mile Easy Run (Intervals 5/1)	2.5 mile run PACE	Cross Train (Spin, Elliptical, Swim)	2 mile run HILL WORKOUT	Rest	2.5 mile run PACE	Stretching/Yoga (Active Recovery)
6	3 Mile Easy Run (Intervals 5/1)	2.75 mile run PACE	Cross Train (Spin, Elliptical, Swim)	2 mile run HILL WORKOUT	Rest	2.75 mile run PACE	Stretching/Yoga (Active Recovery)
7	3 Mile Easy Run (Intervals 5/1)	3 mile run PACE	Cross Train (Spin, Elliptical, Swim)	2 mile run HILL WORKOUT	Rest	3 mile run PACE	Stretching/Yoga (Active Recovery)
8	3 Mile Easy Run (Intervals 5/1)	REST DAY & STRETCH	Cross Train (Spin, Elliptical, Swim)	REST DAY & STRETCH	Easy 2 Mile Jog	RACE DAY! 3.1 MILES	Stretching/Yoga (Active Recovery)

Warm Up

- Jog or fast walk for 5 minutes before you begin running. This will help increase the circulation in legs. If you feel you need more here are a few great warm-up exercises: knee hugs, quad pulls, high knee run, running for stride length, or hip rotations.

Cross Training

- Include activities that are non-running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stair master, spinning are great cross training modes for 5K training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Cool Down

- Walk for 5 minutes at an easy pace after every run workout to gradually bring heart rate and breathing back to normal levels.

Stretching/Flexibility

- Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries. Typically you should hold a stretch for 12-20 seconds. Here is a list of a few great stretches to do post run:
 - Hamstring Stretch - Stand with one leg just in front of the other and your hands on your hips. Keeping your forward leg straight and toes pointing up, bend the opposite leg. Lean forward towards the forward leg. Repeat on both sides.
 - Figure 4 - Begin by crossing your right leg on top of the left so your right ankle is resting on the left leg's knee. Reach your right arm through the hole your legs have formed and your left arm on the outside of the left leg. Interlock fingers if possible and draw your left leg towards your chest. Repeat with the right leg.
 - Calf Stretch - Find a wall. Place one foot on the wall with the toes pointing towards the ceiling. The toes should be on the wall and your heel on the ground. Slowly lean forward into the wall until you feel a good stretch in your calf. Repeat with the opposite leg.

UWO | REG
2023
SHAMROCK
SHUTTLE
5K RUN/WALK

