

# 6-Week Training Plan

# CHATTANOOGA CHASE

Powered by the YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK 1	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	5 min warmup 2 mile steady tempo run 5 min cooldown	Rest Day/Yoga/ Active Stretching	30 min continuous run (8x30 sec surges every 3 min)	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	40 min Easy Run	Rest Day
WK 2	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	5 min warmup 3 mile steady tempo run 5 min cooldown	Rest Day/Yoga/ Active Stretching	5 min warmup 7 x 2 min @ GRP* w 1 min recovery 5 min cooldown	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	45 min Easy Run	Rest Day
WK 3	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	5 min warmup 3 mile steady tempo run 5 min cooldown	Rest Day/Yoga/ Active Stretching	5 min warmup 3 x 4 min @ GRP w 2 min recovery 5 min cooldown	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	50 min Easy Run	Rest Day
WK 4	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	5 min warmup 4 mile steady tempo run 5 min cooldown	Rest Day/Yoga/ Active Stretching	5 min warmup 3 x 5 min @ GRP w 2 min recovery 5 min cooldown	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	55 min Easy Run	Rest Day
WK 5	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	5 min warmup 4 mile steady tempo run 5 min cooldown	Rest Day/Yoga/ Active Stretching	5 min warmup 2 x 1 mile @ GRP w 2 min recovery 5 min cooldown	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	40 min Easy Run	Rest Day
WK 6	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	5 min warmup 2 mile steady tempo run 5 min cooldown	Rest Day/Yoga/ Active Stretching	5 min warmup 12 x 1 min @ GRP w 30 sec recovery 5 min cooldown	Cross-training: Try a YMCA Class: AfterBurn, Cycle, Pump	15-20 min Shakeout	Rest Day. RACE MONDAY (5/25)!

\*Goal Race Pace

**YMCA Members Receive 20% Off Race Entry**

Stop by Front Desk for discount code. Available soon.

[ymcachattanooga.org/chase-training](http://ymcachattanooga.org/chase-training)



Our Mission: to put Christian principles into practice through programs that build healthy spirit, mind and body for all.