



ELEVEN WEEK TULSA FEDERAL CREDIT UNION TULSA RUN

# 15K TRAINING PROGRAM

BEGINNER • INTERMEDIATE • ADVANCED







## Beginner 15K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<b>August 13</b> 1.5 mile run	<b>August 14</b> cross train	<b>August 15</b> 1.5 mile run	<b>August 16</b> cross train	<b>August 17</b> rest	<b>August 18</b> 1.5 mile run	<b>August 19</b> rest
2	<b>August 20</b> 2 mile run	<b>August 21</b> cross train	<b>August 22</b> 2 mile run	<b>August 23</b> cross train	<b>August 24</b> rest	<b>August 25</b> 2 mile run	<b>August 26</b> cross train
3	<b>August 27</b> 2 mile run	<b>August 28</b> cross train	<b>August 29</b> 2 mile run	<b>August 30</b> cross train	<b>August 31</b> rest	<b>September 1</b> 3 mile run	<b>September 2</b> rest
4	<b>September 3</b> 3 mile run	<b>September 4</b> cross train	<b>September 5</b> 2 mile run	<b>September 6</b> cross train	<b>September 7</b> rest	<b>September 8</b> 4 mile run	<b>September 9</b> cross train
5	<b>September 10</b> 3 mile run	<b>September 11</b> cross train	<b>September 12</b> 3 mile run	<b>September 13</b> cross train	<b>September 14</b> rest	<b>September 15</b> 3 mile run	<b>September 16</b> cross train
6	<b>September 17</b> 4 mile run	<b>September 18</b> cross train	<b>September 19</b> 3 mile run	<b>September 20</b> cross train	<b>September 21</b> rest	<b>September 22</b> 5 mile run	<b>September 23</b> cross train
7	<b>September 24</b> 4 mile run	<b>September 25</b> cross train	<b>September 26</b> 3 mile run	<b>September 27</b> cross train	<b>September 28</b> rest	<b>September 29</b> 6 mile run	<b>September 30</b> rest
8	<b>October 1</b> 4 mile run	<b>October 2</b> cross train	<b>October 3</b> 4 mile run	<b>October 4</b> cross train	<b>October 5</b> rest	<b>October 6</b> 5 mile run	<b>October 7</b> cross train
9	<b>October 8</b> 4 mile run	<b>October 9</b> cross train	<b>October 10</b> 4 mile run	<b>October 11</b> cross train	<b>October 12</b> rest	<b>October 13</b> 7 mile run	<b>October 14</b> cross train
10	<b>October 15</b> 4 mile run	<b>October 16</b> cross train	<b>October 17</b> 4 mile run	<b>October 18</b> cross train	<b>October 19</b> rest	<b>October 20</b> 8 mile run	<b>October 21</b> rest
11	<b>October 22</b> 3 mile run	<b>October 23</b> cross train	<b>October 24</b> 2 mile run	<b>October 25</b> cross train	<b>October 26</b> rest	<b>October 27</b> Tulsa Run 15K	

### Be Smart and Build A Strong Base

When you run, move at a pace where you can comfortably complete each distance. Be sure to avoid going out too fast. A good approach is to begin a little slower than you feel you need to, and gradually pick up the pace towards the end.

You may also consider a run/walk combination, running for 5 minutes and walking for 1 minute. This method is often easier and will allow you to acclimate to the building mileage of the program.

To begin, you need to be able to comfortably run or run/walk 1.5 miles. It is helpful if you have completed a 5K race, or have consistently been able to maintain a weekly mileage of 8-10 miles. Anything less than this weekly mileage may overwhelm your body's ability to acclimate and will make injury more likely.

### Develop A Strong Mental Game

Running a 15K is an amazing achievement, and there is no better place to do so than the Tulsa Federal Credit Union Tulsa Run! Remember, a large portion of the challenge comes from our mental state, rather than aching feet and burning lungs. Practice positive thinking, and push negative thoughts aside during your runs. Anticipate the temptation to skip your workouts, and make a plan to get the work done. Celebrate the small accomplishments, and keep your eyes on the finish line! Your efforts will be well worth it.

## Intermediate 15K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	August 13 3 mile run	August 14 cross train	August 15 3 mile run	August 16 cross train	August 17 rest	August 18 4 mile run	August 19 rest
2	August 20 3 mile run	August 21 cross train	August 22 20 min tempo	August 23 2 mile run	August 24 rest	August 25 5K race or 6 mile run	August 26 30 min cross
3	August 27 3 mile run	August 28 5 mile run	August 29 30 min tempo	August 30 3 mile run	August 31 rest	September 1 7 mile run	September 2 45 min cross
4	September 3 3 mile run	September 4 6 mile run	September 5 5x800 tempo	September 6 4 mile run	September 7 rest	September 8 5K/10K race or 8 mile run	September 9 30 min cross
5	September 10 3 mile run	September 11 4 mile run	September 12 35 min tempo	September 13 2 mile run	September 14 rest	September 15 1/4 marathon race or 6 mile run	September 16 rest
6	September 17 3 mile run	September 18 5 mile run	September 19 6x800 tempo	September 20 3 mile run	September 21 rest	September 22 7 mile run	September 23 60 min cross
7	September 24 3 mile run	September 25 6 mile run	September 26 40 min tempo	September 27 4 mile run	September 28 rest	September 29 8 mile run	September 30 60 min cross
8	October 1 3 mile run	October 2 4 mile run	October 3 7x800 tempo	October 4 2 mile run	October 5 rest	October 6 10K race or 7 mile run	October 7 60 mi cross
9	October 8 3 mile run	October 9 5 mile run	October 10 45 min tempo	October 11 3 mile run	October 12 rest	October 13 9 mile run	October 14 rest
10	October 15 3 mile run	October 16 6 mile run	October 17 8x800 tempo	October 18 4 mile run	October 19 rest	October 20 10 mile run	October 21 60 min cross
11	October 22 3 mile run	October 23 4 mile run	October 24 20 min tempo	October 25 2 mile run	October 26 rest	October 27 Tulsa Run15K	



### Place a Goal In Front of a Goal: Building Race Experience Into Your Plan

Consider scheduling one or two smaller races on your path to the ultimate goal of your training program. Doing so will not only give you valuable race experience and confidence, but break up any monotony of the program, giving you further motivation and measurements of your progress.

#### • Race Experience: Divide and Conquer

Running competitively in a local road race will give you insight regarding your response to specific nutrition, rest, course elevation, and your ability to produce negative splits and finish strong.

#### • Races In Oklahoma to Consider

The races below fall conveniently into the calendar of the 15K training program:

#### August 25

CimTel 5K Classic (5K), Cleveland

#### September 8

Pistol Pete 5K/10K Race (10K or 5K), Perkins

#### September 15

Quarter Marathon (6.55 mi or 5K), Tulsa

#### October 6

OKC River Run 5K/10K (10K or 5K), OKC  
St. John Tulsa ZooRun (10K or 5K), Tulsa





## Advanced 15K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	August 13 3 mile run	August 14 cross train	August 15 15 min tempo	August 16 rest	August 17 3 mi race pace	August 18 5 mile run	August 19 30 min cross
2	August 20 3 mile run	August 21 20 min tempo	August 22 4 x 400 mi pace	August 23 rest	August 24 3 mi race pace	August 25 5K race or 7 mile run	August 26 45 min cross
3	August 27 3 mile run	August 28 20 min tempo	August 29 3 x 800 mi pace	August 30 rest	August 31 3 mi race pace	September 1 8 mile run	September 2 60 min cross
4	September 3 3 mile run	September 4 20 min tempo	September 5 6 mile run	September 6 6 x 400 mi pace	September 7 rest	September 8 5K/10K race or 9 mile run	September 9 60 min cross
5	September 10 4 mile run	September 11 30 min tempo	September 12 4 mile run	September 13 4 x 600 mi pace	September 14 rest	September 15 1/4 marathon race or 7 mile run	September 16 rest
6	September 17 4 mile run	September 18 20 min tempo	September 19 5 mile run	September 20 4 x 800 mi pace	September 21 3 mi race pace	September 22 10 mile run	September 23 60 min cross
7	September 24 4 mile run	September 25 30 min tempo	September 26 8 x 400 mi pace	September 27 rest	September 28 3 mi race pace	September 29 12 mile run	September 30 rest or 60 min cross
8	October 1 4 mile run	October 2 30 min tempo	October 3 4 mile run	October 4 8 x 600 mi pace	October 5 rest	October 6 10K race or 8 mile run	October 7 rest
9	October 8 4 mile run	October 9 45 min tempo	October 10 5 mile run	October 11 6 x 800 mi pace	October 12 3 mi race pace	October 13 10 mile run	October 14 60 min cross
10	October 15 3 mile run	October 16 45 min tempo	October 17 6 mile run	October 18 rest	October 19 3 mi race pace	October 20 13 mile run	October 21 60 min cross
11	October 22 3 mile run	October 23 4 mile run	October 24 rest or cross	October 25 2 mile run	October 26 rest	October 27 Tulsa Run15K	



## Preparing Properly: The Importance of Quality Cross Training

Cross training can not only improve your performance, but reduce the risk of injury and add variety to a running routine that can otherwise become stale.

### • Cycling and Spinning

Because cycling primarily works the quads, shins, and buttocks, differently than running, it helps prevent muscle imbalances.

### • Swimming

Swimming gives the legs a break, and serves as a type of recovery from high-impact running workouts. While it is lower-impact, pool workouts help build valuable oxygen capacity.

### • Yoga

Yoga improves our flexibility and loosens our joints -- making them less susceptible to injury. Furthermore, yoga improves concentration as well as overall strength.

### • Strength Training

Intelligent and consistent strength training, whether done with weights or bodyweight lunges, push-ups, or squats, can dramatically improve a runner's performance and resistance to injury.



## Half Marathon Supplement: Beginner

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	October 29 3 mile run	October 30 rest or cross	October 31 4 mile run	November 1 45 min tempo	November 2 rest	November 3 8 mile run	November 4 cross train
13	November 5 4 mile run	November 6 rest	November 7 3 mile run	November 8 4 mile run	November 9 rest	November 10 6 mile run	November 11 rest or cross train
14	November 12 3 mile run	November 13 rest	November 14 4 mile run	November 15 3 mile run	November 16 rest	November 17 rest	November 18 Williams Route 66 Half Marathon

## Half Marathon Supplement: Intermediate

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	October 29 3 mile run	October 30 4x800 race pace	October 31 4 mile run	November 1 30 min tempo	November 2 rest	November 3 8 mile run	November 4 cross train
13	November 5 4 mile run	November 6 4x600 race pace	November 7 4 mile run	November 8 30 min tempo	November 9 rest	November 10 6 mile run	November 11 rest or cross train
14	November 12 3 mile run	November 13 rest	November 14 30 min tempo	November 15 3 mile run	November 16 rest	November 17 rest	November 18 Williams Route 66 Half Marathon

## Half Marathon Supplement: Advanced

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	October 29 3 mile run	October 30 6x800 race pace	October 31 4 mile run	November 1 45 min tempo	November 2 rest	November 3 8 mile run	November 4 cross train
13	November 5 4 mile run	November 6 6x800 race pace	November 7 4 mile run	November 8 60 min tempo	November 9 rest	November 10 6 mile run	November 11 rest or cross train
14	November 12 3 mile run	November 13 4x400 race pace	November 14 3 mile run	November 15 30 min tempo	November 16 rest	November 17 rest	November 18 Williams Route 66 Half Marathon

## Becoming Efficient: Don't Be Guilty of Intensity Blindness

Research shows that elite endurance athletes in various disciplines perform 80 percent of their training at low intensity and the remaining 20 percent at moderate and high intensities. This universal pattern is the result of generations of trial and error conducted at the highest levels of endurance sports around the globe. Virtually every way of balancing training intensities has been tried, but only the 80/20 balance has survived, simply because it is the most effective.

### • Find Your Zones

The first step in becoming the most efficient runner you can be is finding your heart rate zones, also known as "intensity zones": [mattfitzgerald.org/8020-zone-calculator](http://mattfitzgerald.org/8020-zone-calculator)

### • Monitor and Control Your Intensity

If you're like many runners, you may intend to do most of your running at low intensity, but when you hit the trail, you unintentionally push too hard. Fixing this problem requires that you consistently monitor your intensity throughout every run and stay in your targeted zones.

This discipline can be surprisingly difficult at first, but if you follow through with your plan to slow down, your efficiency and performance will be highly rewarded: [mattfitzgerald.org/intensity-guidelines-for-running](http://mattfitzgerald.org/intensity-guidelines-for-running)