



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	August 12 1.5 mile run	August 13 cross train	August 14 1.5 mile run	August 15 cross train	August 16 rest	August 17 1.5 mile run	August 18 rest
2	August 19 2 mile run	August 20 cross train	August 21 2 mile run	August 22 cross train	August 23 rest	August 24 2 mile run	August 25 cross train
3	August 26 2 mile run	August 27 cross train	August 28 2 mile run	August 29 cross train	August 30 rest	August 31 3 mile run	September 1 rest
4	September 2 3 mile run	September 3 cross train	September 4 2 mile run	September 5 cross train	September 6 rest	September 7 4 mile run	September 8 cross train
5	September 9 3 mile run	September 10 cross train	September 11 3 mile run	September 12 cross train	September 13 rest	September 14 3 mile run	September 15 cross train
6	September 16 4 mile run	September 17 cross train	September 18 3 mile run	September 19 cross train	September 20 rest	September 21 5 mile run	September 22 cross train
7	September 23 4 mile run	September 24 cross train	September 25 3 mile run	September 26 cross train	September 27 rest	September 28 6 mile run	September 29 rest
8	September 30 4 mile run	October 1 cross train	October 2 4 mile run	October 3 cross train	October 4 rest	October 5 5 mile run	October 6 cross train
9	October 7 4 mile run	October 8 cross train	October 9 4 mile run	October 10 cross train	October 11 rest	October 12 7 mile run	October 13 cross train
10	October 14 4 mile run	October 15 cross train	October 16 4 mile run	October 17 cross train	October 18 rest	October 19 8 mile run	October 20 rest
11	October 21 3 mile run	October 22 cross train	October 23 2 mile run	October 24 cross train	October 25 rest	October 26 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 12 3 mile run	August 13 cross train	August 14 3 mile run	August 15 cross train	August 16 rest	August 17 4 mile run	August 18 rest
2	August 19 3 mile run	August 20 cross train	August 21 20 min tempo	August 22 2 mile run	August 23 rest	August 24 5K race or 6 mile run	August 25 30 min cross
3	August 26 3 mile run	August 27 5 mile run	August 28 30 min tempo	August 29 3 mile run	August 30 rest	August 31 7 mile run	September 1 45 min cross
4	September 2 3 mile run	September 3 6 mile run	September 4 5x800 tempo	September 5 4 mile run	September 6 rest	September 7 5K/10K race or 8 mile run	September 8 30 min cross
5	September 9 3 mile run	September 10 4 mile run	September 11 35 min tempo	September 12 2 mile run	September 13 rest	September 14 1/4 marathon race or 6 mile run	September 15 rest
6	September 16 3 mile run	September 17 5 mile run	September 18 6x800 tempo	September 19 3 mile run	September 20 rest	September 21 7 mile run	September 22 60 min cross
7	September 23 3 mile run	September 24 6 mile run	September 25 40 min tempo	September 26 4 mile run	September 27 rest	September 28 8 mile run	September 29 60 min cross
8	September 30 3 mile run	October 1 4 mile run	October 2 7x800 tempo	October 3 2 mile run	October 4 rest	October 5 10K race or 7 mile run	October 6 60 mi cross
9	October 7 3 mile run	October 8 5 mile run	October 9 45 min tempo	October 10 3 mile run	October 11 rest	October 12 9 mile run	October 13 rest
10	October 14 3 mile run	October 15 6 mile run	October 16 8x800 tempo	October 17 4 mile run	October 18 rest	October 19 10 mile run	October 20 60 min cross
11	October 21 3 mile run	October 22 4 mile run	October 23 20 min tempo	October 24 2 mile run	October 25 rest	October 26 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 24

CimTel 5K Classic (5K), Cleveland

September 7

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

September 14

The "Q" (6.55 mi or 5K), Tulsa

October 5

Down Syndrome Festival (5K), OKC
Ascension St. John ZooRun (10K or 5K), Tulsa



Advanced 15K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	August 12 3 mile run	August 13 cross train	August 14 15 min tempo	August 15 rest	August 16 3 mi race pace	August 17 5 mile run	August 18 30 min cross
2	August 19 3 mile run	August 20 20 min tempo	August 21 4 x 400 mi pace	August 22 rest	August 23 3 mi race pace	August 24 5K race or 7 mile run	August 25 45 min cross
3	August 26 3 mile run	August 27 20 min tempo	August 28 3 x 800 mi pace	August 29 rest	August 30 3 mi race pace	August 31 8 mile run	September 1 60 min cross
4	September 2 3 mile run	September 3 20 min tempo	September 4 6 mile run	September 5 6 x 400 mi pace	September 6 rest	September 7 5K/10K race or 9 mile run	September 8 60 min cross
5	September 9 4 mile run	September 10 30 min tempo	September 11 4 mile run	September 12 4 x 600 mi pace	September 13 rest	September 14 1/4 marathon race or 7 mile run	September 15 rest
6	September 16 4 mile run	September 17 20 min tempo	September 18 5 mile run	September 19 4 x 800 mi pace	September 20 3 mi race pace	September 21 10 mile run	September 22 60 min cross
7	September 23 4 mile run	September 24 30 min tempo	September 25 8 x 400 mi pace	September 26 rest	September 27 3 mi race pace	September 28 12 mile run	September 29 rest or 60 min cross
8	September 30 4 mile run	October 1 30 min tempo	October 2 4 mile run	October 3 8 x 600 mi pace	October 4 rest	October 5 10K race or 8 mile run	October 6 rest
9	October 7 4 mile run	October 8 45 min tempo	October 9 5 mile run	October 10 6 x 800 mi pace	October 11 3 mi race pace	October 12 10 mile run	October 13 60 min cross
10	October 14 3 mile run	October 15 45 min tempo	October 16 6 mile run	October 17 rest	October 18 3 mi race pace	October 19 13 mile run	October 20 60 min cross
11	October 21 3 mile run	October 22 4 mile run	October 23 rest or cross	October 24 2 mile run	October 25 rest	October 26 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
13	November 4 3 mile run	November 5 rest or cross	November 6 4 mile run	November 7 45 min tempo	November 8 rest	November 9 8 mile run	November 10 cross train
14	November 11 4 mile run	November 12 rest	November 13 3 mile run	November 14 4 mile run	November 15 rest	November 16 6 mile run	November 17 rest or cross train
15	November 18 3 mile run	November 19 rest	November 20 4 mile run	November 21 3 mile run	November 22 rest	November 23 rest	November 24 Williams Route 66 Half Marathon

Half Marathon Supplement: Intermediate

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
13	November 4 3 mile run	November 5 4x800 race pace	November 6 4 mile run	November 7 30 min tempo	November 8 rest	November 9 8 mile run	November 10 cross train
14	November 11 4 mile run	November 12 4x600 race pace	November 13 4 mile run	November 14 30 min tempo	November 15 rest	November 16 6 mile run	November 17 rest or cross train
15	November 18 3 mile run	November 19 rest	November 20 30 min tempo	November 21 3 mile run	November 22 rest	November 23 rest	November 24 Williams Route 66 Half Marathon

Half Marathon Supplement: Advanced

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
13	November 4 3 mile run	November 5 6x800 race pace	November 6 4 mile run	November 7 45 min tempo	November 8 rest	November 9 8 mile run	November 10 cross train
14	November 11 4 mile run	November 12 6x800 race pace	November 13 4 mile run	November 14 60 min tempo	November 15 rest	November 16 6 mile run	November 17 rest or cross train
15	November 18 3 mile run	November 19 4x400 race pace	November 20 3 mile run	November 21 30 min tempo	November 22 rest	November 23 rest	November 24 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": matffitgerald.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: matffitgerald.org/intensity-guidelines-for-running