

Mercy 5k Meetups!

Everyone is invited!!

(students, teachers, family, friends, neighbors)



Sign up for the races below. Email/text Coach Susan now to get on the group to receive the meet up locations!

Sat March 21, Zoom San Francisco

\$30 students, \$40 adults, at the Presidio. https://www.coastaltrailruns.com/sbsf_sports_basement_san_francisco.html

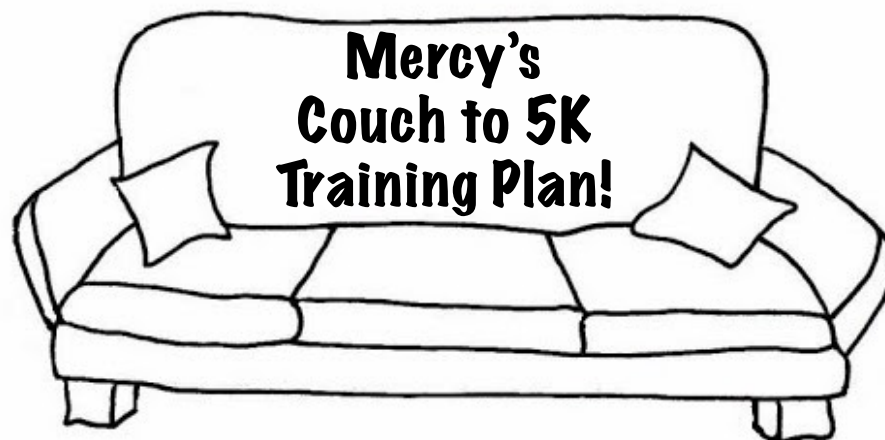
Sun April 19, McLaren Park DSE Runners

\$5 adults, \$3 students. A fun run with hot chocolate at Coach Susan's house afterward! <https://www.active.com/san-francisco-ca/running/distance-running-races/mclaren-park-5k-2020?int=72-3-A8>

Not sure how to prepare? Could you really do a 5k?

YES!!! Pick up your 5k training program from the Barrett Hall bulletin board & start checking off your workouts and feeling good!

Get on the group for updates or ask questions:
email **Coach Susan** at ssall@mercyhs.org or text **415-307-8737**



Check off each workout, end on March 21- race day!

If you have run before, ask Coach Susan for another plan

x=times, so 10x means 10 times. All distances are in minutes (not miles).

Week one- Feb 9

- ☐ **Mon:** Rest
- ☐ **Tue:** Run 1 min, walk 1. 10x
- ☐ **Wed:** Rest
- ☐ **Thur:** Run 2 mins, walk 4. 5x
- ☐ **Fri:** Rest
- ☐ **Sat:** Rest
- ☐ **Sun:** Run 2 mins, walk 4. 5x

Week two

- ☐ **Mon:** Rest
- ☐ **Tue:** Run 3 mins, walk 3. 4x
- ☐ **Wed:** Rest
- ☐ **Thur:** Run 3 mins, walk 3. 4x
- ☐ **Fri:** Rest
- ☐ **Sat:** Rest
- ☐ **Sun:** Run 5 mins, walk 3. 3x

Week three

- ☐ **Mon:** Rest
- ☐ **Tue:** Run 7 mins, walk 2. 3x
- ☐ **Wed:** Rest
- ☐ **Thur:** Run 8 mins, walk 2. 3x
- ☐ **Fri:** Rest
- ☐ **Sat:** Rest
- ☐ **Sun:** Run 8 mins, walk 2. 3x

Week four

- ☐ **Mon:** Rest
- ☐ **Tue:** Run 8 mins, walk 2. 3x
- ☐ **Wed:** Rest
- ☐ **Thur:** Run 10 mins, walk 2. 2x, then run for 5 mins.
- ☐ **Fri:** Rest
- ☐ **Sat:** Rest
- ☐ **Sun:** Run 8 mins, walk 2. 3x

Week five

- ☐ **Mon:** Rest
- ☐ **Tue:** Run 9 mins, walk 1. 3x
- ☐ **Wed:** Rest
- ☐ **Thur:** Run 12 mins, walk 2. 2x, then run for 5 mins.
- ☐ **Fri:** Rest
- ☐ **Sat:** Rest
- ☐ **Sun:** Run 8 mins, walk 2. 3x

Week six

- ☐ **Mon:** Rest
- ☐ **Tue:** Run 15 mins, walk 1. Repeat 2x.
- ☐ **Wed:** Rest
- ☐ **Thur:** Run 8 mins, walk 2. Repeat 3x.
- ☐ **Fri:** Rest
- ☐ **Sat:** 5K Race!

On race day: You will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly and don't wait until you are exhausted before taking some one-minute walk breaks.