

The Official Merge 25K Training Plan

Presented by Bull City Running Co.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/13/14	Cross Train or 3-4 miles EASY	4 miles Easy or 3 miles to include 8 x 30sec pickups @ TEMPO Pace, 2 min easy after each pickup	REST or 3-4 miles EASY	4-5 miles Easy	REST	6-9 mile run	REST or 3-4 miles EASY
1/20/14	Cross Train or 3-4 miles EASY	4 miles Easy or 3 miles to include 8 x 30sec uphill pickups @ TEMPO Pace, 2 min easy after each pickup	REST or 3-4 miles EASY	4-5 miles Easy	REST	5 mile run	REST or 3-4 miles EASY
1/27/14	Cross Train or 3-4 miles EASY	4 miles Easy or 4 miles to include 8 x 1min pickups @ TEMPO Pace, 2 min easy after each pickup	REST or 3-4 miles EASY	4-5 miles Easy	REST	8-11 mile run	REST or 3-4 miles EASY
2/3/14	Cross Train or 3-4 miles EASY	4 miles Easy or 4 miles to include 8 x 1 min uphill pickups @ TEMPO Pace, 2 min easy after each pickup	REST or 3-4 miles EASY	5-6 miles Easy	REST	6 mile run	REST or 4-5 miles EASY
2/10/14	Cross Train or 3-4 miles EASY	5-6 miles Easy	REST or 3-4 miles EASY	4-5 miles Easy	REST	10-13 mile run	REST or 3-4 miles EASY
2/17/14	Cross Train or 3-4 miles EASY	5 miles Easy or 5 miles with 4 @ GOAL pace and the last @ TEMPO pace	Cross Train or 3-4 miles EASY	5-6 miles Easy	REST	7 mile run	REST or 4-5 miles EASY
2/24/14	Cross Train or 3-4 miles EASY	6 miles Easy or 6 miles with first 3 @ GOAL pace and the next 3 @ TEMPO pace	Cross Train or 3-4 miles EASY	4-5 miles Easy	REST	12-15 mile run	REST
3/3/14	Cross Train or 3-4 miles EASY	5-6 miles Easy	Cross Train or 3-4 miles EASY	5-6 miles Easy	REST	10 mile run	REST or 3-4 miles EASY
3/10/14	Cross Train or 3-4 miles EASY	6 miles Easy or 6 miles with first 2 @ GOAL pace and the next 4 @ TEMPO pace	Cross Train or 3-4 miles EASY	3-4 miles Easy	REST	7 mile run	REST or 3-4 miles EASY
3/17/14	Cross Train or 3 miles EASY	20-30 min run EASY	REST or 20 min EASY	REST	15 min EASY	MERGE 25K	REST

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EASY Run = Run easy enough to talk and hold a conversation. You should feel comfortable and hold the same pace throughout the run; effort about 60-70%.

Long Run = The focus is on building endurance and cardiovascular strength. Mileage variance based on your current long run training and comfort level; effort about 60-75%.

Tuesday Workout = OPTIONAL: ONLY include in your training if you feel comfortable adding. Include a 10 min warm-up and cool down.

TEMPO Pace = These optional workouts are meant to work on your lactate threshold and get you running faster than goal pace; effort near 10K pace.

GOAL Pace = These optional workouts are meant to work on your lactate threshold and get you running faster than goal pace; effort near race pace.

Cross Training = Any non running activity (YOGA, elliptical, bike, row machine, core strength) that gets your heart rate up for at least 30 min.

REST = At least 1 rest day per week. Focus on listening to your body. Take more as needed per the number of days you feel most comfortable running.



The Official Merge 25K Cross-Training Plan

Presented by Sage Rountree

To complement your training, include yoga for core strength, hip flexibility, mental focus, and recovery. Chapel Hill-based coach Sage Rountree, author of **The Runner's Guide to Yoga**, offers a range of long and short yoga practices to help you manage the training and feel great.

If you are local, visit the Carrboro Yoga Company or the **Durham Yoga Company**, situated just down the street from the race finish line, for great yoga classes to complement your running. Of special use as you train for the Merge 25K:

- **Yoga for Athletes with Sage Rountree**, Carrboro Yoga Company, Mondays, 6 p.m.
- **Restorative Yoga with Jeff Brown**, Durham Yoga Company, Fridays, 5:30 p.m., and Sundays, 6:00 p.m.

Your first class is free, and you'll need no prior experience to enjoy these classes and feel great!

If you can't make it to the studio, use this special code — merge25freemonth — for a free month's trial at YogaVibes.com. Rountree offers dozens of online practices, from short recovery sequences and hip stretches to full-length classes.

As the race approaches, spend some time thinking through your gear, nutrition, and pacing choices, as well as crystallizing your goals for the race. Rountree's latest book, *Racing Wisely*, gives you tools to perform at your personal best, whether you're racing for time or for fun, to set a personal best or just to finish. Download a free race plan worksheet and other resources at racingwisely.com.

