



# Virtual 5K & 10K

**6-week training program**



**Training starts March 25  
Race Day May 5**

Ready, set, **GO!**

YOUR  
COACHES!



## 5k Overview

**Recommended Training: 150 minutes of Total Exercise per week through the Gixo app**

A 5k is the perfect introductory distance for novice racers, as well as a challenging test of strength and speed for the most competitive runners. Training for this classic distance requires you to put in a careful balance of mileage, speedwork, and mobility. All levels are welcome!

## 10k Overview

**Recommended Training: 200 minutes of Total Exercise per week through the Gixo app with weekly mileage goals**

The 10k is a test of both speed and endurance, a favorable distance that combines the best aspects of the 5K and marathon. As a step up from the 5k, the challenge is to sharpen your pace through speedwork. If you have achieved the 5K distance, you're ready to give the 10K a shot - All levels are welcome!

# Weekly Workouts

The 5K and 10K training plans include four types of workout activities each week. All four are equally important to get the fittest and fastest version of you to the finish line.

## Short Runs

Speed training strengthens the muscle groups that carry you through. This plan will introduce you to a variety of speed and interval workouts including Fartleks, Split Intervals, and Progression Runs that will make you faster.

**5K: 2x week**  
**10K: 1-2x week**

## Cross Training

Cross-training, in reference to running, is when a runner trains by doing another kind of fitness workout. This builds strength and flexibility in muscles that running doesn't utilize and prevents injury by correcting muscle imbalances.

**5K: 2x week**  
**10K: 1-2x week**



## Long Runs

Your weekly longer run will be at a comfortable pace but at a length that will help your body and mind adapt to increased distances. You'll want to ensure that you hit the goal distance outlined on your plan.

**5K: 1x week**  
**10K: 2x week**

## Recovery

Recovery is just as important as your hard workouts. Listen to what your body needs on Recovery days, whether that means taking the day off completely or joining a stretching class on the Gixo app.

**5K: 2x week**  
**10K: 2x week**

**See recommended workout classes →**

# Gixo 5K Training Class Calendar

Weekday (M-F) recommended classes all available LIVE in the morning and evening starting at:  
**4:00am PST / 7:00am EST | 5:00pm PST / 8:00pm EST**

Weekend (S-S) recommended classes all available LIVE starting at:  
**10am PST / 1:00pm EST**

Can't make the scheduled time? No problem. See last page to choose another class in the same category.

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>01</b> 3/25/18	Walk and Stretch  25min Register & Watch FB LIVE	Cardio Speedwork  25min	Strength Tabatas  25min	Walk and Stretch  25min	Split Intervals  25min	Circuit Training  25min	Run Club  Goal: 2.0mi
<b>02</b> 4/01/18	Walk and Stretch  25min	Strength Tabatas  25min	Progression Intervals  25min	Walk and Stretch  25min	Booty work + Total Core  30min	Speed Play  25min	Run Club  Goal: 2.25mi
<b>03</b> 4/08/18	Walk and Stretch  25min	Cardio Quickie  25min	Circuit Training  25min	Walk and Stretch  25min	Cardio Speedwork  25min	Strength Tabatas  25min	Run Club  Goal: 2.5mi
<b>04</b> 4/15/18	Walk and Stretch  25min	Booty Work + Total Core  30min	Split Intervals  25min	Walk and Stretch  25min	Circuit Training  25min	Progression Intervals  25min	Run Club  Goal: 2.75mi
<b>05</b> 4/22/18	Walk and Stretch  25min	Speed Play  25min	Strength Tabatas  25min	Walk and Stretch  25min	Cardio Quickie  25min	Booty Work + Total Core  30min	Run Club  Goal: 3.0mi
<b>06</b> 4/29/18	Walk and Stretch  25min	Circuit Training  25min	Cardio Speedwork  25min	Walk and Stretch  25min	Strength Tabatas  25min	Walk and Stretch  25min	5k Race Day!!  Sat, May 5




# Gixo 10K Training Class Calendar

Weekday (M-F) recommended classes all available LIVE in the morning and evening starting at:  
**4:00 or 4:30am PST / 7:00 or 7:30am EST | 5:00 or 5:30pm PST / 8:00 or 8:30pm EST**

Weekend (S-S) recommended classes all available LIVE starting at:  
**10am PST / 1:00pm EST**

Can't make the scheduled time? No problem. See last page to choose another class in the same category.

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT	Total Weekly Distance
<b>01</b> 3/25/18	Walk and Stretch 25min <small>Register &amp; Watch FB LIVE</small>	Strength Tabatas + Booty Work 40min	Run Club 40min	Walk and Stretch 25min	Split Intervals 25min	Circuit Training + Total Core 40min	Run Club Goal: 3.11 mi	<b>7mi</b>
<b>02</b> 4/01/18	Walk and Stretch 25min	Progression Intervals 25min	Run Club 40min	Total Body Strength 40min	Walk and Stretch 25min	Speed Play 25min	Run Club Goal: 4.0mi	<b>8mi</b>
<b>03</b> 4/08/18	Walk and Stretch 25min	Strength Tabatas + Booty Work 40min	Run Club 40min	Walk and Stretch 25min	Cardio Speedwork 25min	Strength Tabatas + Total Core 40min	Run Club Goal: 4.5mi	<b>9mi</b>
<b>04</b> 4/15/18	Walk and Stretch 25min	Split Intervals 25min	Run Club 40min	Total Body Strength 40min	Walk and Stretch 25min	Progression Intervals 25min	Run Club Goal: 5.0mi	<b>10mi</b>
<b>05</b> 4/22/18	Walk and Stretch 25min	Strength Tabatas + Booty Work 40min	Run Club 40min	Walk and Stretch 25min	Cardio Quickie 25min	Booty Work + Total Core 30min	Run Club Goal: 5.5mi	<b>11mi</b>
<b>06</b> 4/29/18	Walk and Stretch 25min	Circuit Training + Booty Work 40min	Run Club 40min	Walk and Stretch 25min	Strength Tabatas 25min	Walk and Stretch 25min	<b>10k Race Day!!</b> Sat, May 5	

# Additional Gixo Training Classes

## Short Runs

Cardio Speedwork	Split Intervals	Progression Intervals
Speed Play	Cardio Quickie	Endurance Express

## Cross Training

Strength Tabatas	Circuit Training	Total Body Strength
Booty Work	Total Core	

## Long Runs

5k	Endurance Walk or Run	Run Club
----	-----------------------	----------

## Recovery

Walk and Stretch
------------------

Join the Gixo Teammates Facebook group for the latest updates from our coaches!