

## Training Plan Intermediate 5 Mile

### Beginner 5 Miles

Week #	Mon.	Tues.	Wed.	Thur.	Fri.	Sat. Route#/ mileage	Sun.
1		2 x .5 mi run with 3m rest		2 x .5 mi run with 3 min rest in between		Feb 6: 2.37 miles	
2		2x 1 mile rest 3 min between		2x 1mile rest 2 min between		2.45	
3		2 mile		2 mile		2.68	
4		4x .5mile rest 2 min		2x1 mile		2.45	
5		2 miles		1.5 miles		3.27	
6		4x.25mile rest 2 min		2 miles		2.37	
7		2.5 miles		4x.8 mile rest 2 min		4.28	
8		3x1 mile rest 4 min		2.5 miles		3.25	
9		2.5 miles		2x1.5 miles rest 3 min		3.00	
10		6 x .25 mile rest 4 min		2.5 miles		4.28	
11		3 miles		2 mile		4.4	
12		3 miles		3 miles		5.03	
13		3 miles		3.5 miles		4.28	
14		3.5 miles		4 miles		3.25 or 5.02	
15							Race Day

### ROUTES

All routes are in order by distance, the specific mileage listed on the plan corresponds with the mileage of the route listed below. Maps will be added to the website or posted prior to the run.

## Training Plan Intermediate 5 Mile

We will also review all the routes before leaving from the gym on Saturdays incase there is an confusion. No routes are provided for weekly runs.

### 2.37 mi Route

1. Left on Franz Starting at Crossfit Lacey
2. Right on Lacey BLVD
3. Right on College
4. (stay on left side walk)
5. Left on 22nd Ave
6. Left on Ruddel
7. Right on Lacey BLVD
8. Left Franz st End Crossfit Lacey

### 2.45 mi Route

1. Left on Franz starting at Crossfit Lacey
2. Left on Lacey Blvd
3. Left on Cleer brooke (running on grass)
4. Left on Woodland Trail (next to Pacific)
5. Right on Franz Toward St. Martins University (turns into Father Meinrad Gaul Dr SE) - running towards the Stairs
6. Left on Baran Drive South east through campus
7. Left on Abbey Way SE
8. Left on College ST. SE
9. Right on Pacific (you can cross the street and get back on the trail or cross the street before the next turn)
10. Right on Franz End at Crossfit Lacey

### 2.68 mi Route

1. Right on Franz Street Starting at Crossfit Lacey
2. at intersection of Franz and Pacific Go STRAIGHT through the light Toward ST. Martins University
3. Left on Baran Drive SE
4. Stay on Baran Drive through campus
5. LEFT on Abbey Way
6. Left on College
7. Left on Lacey BLVD
8. Left on Franz st. Finish at Crossfit Lacey

## Training Plan Intermediate 5 Mile

### 3.27 mi Route (*your are running thing Route 2x throughout the training plan*)

1. Right on Franz Starting at crossfit Lacey
2. Left on Pacific (on woodland trail)
3. Cross College
4. Straight through Traffic circle stay on woodland Trail (crossing on left side of circle)
5. Right on Chehalis Wester Trail at circle, staying on trail - you can see the new bridge build to cross over Pacific Ave Cross over Bridge heading Toward Pets Mart; Target on Right .
6. Stop at I5 Bridge and Turn back and Return the exact way you came,
7. Cross over Bridge over Pacific Ave.
8. Left on Woodland Trail
9. Straight through traffic circle getting onto Trail Next to Pacific ave
10. Cross College
11. Right on Franz End at Crossfit Lacey

### 2.37 mi Route

1. Left on Franz Starting at Crossfit Lacey
2. Right on Lacey BLVD
3. Right on College
4. (stay on left side walk)
5. Left on 22nd Ave
6. Left on Ruddel
7. Right on Lacey BLVD
8. Left Franz st End Crossfit Lacey

### 3 mi Route

- 1 larger loop and 1 small loop some over lapping around the Gym
9. Left on Franz street
  10. Left on Lacey Blvd
  11. Left on Cleer brook you will be running on grass
  12. Left on Woodland Trail
  13. (pass Franz street on right)
  14. Left on Ruddel
  15. Left on Lacey Blvd
  16. (Pass Franz street on left) - going to over lap
  17. Left on Clear brook you will be running on grass
  18. Left on Woodland Trail
  19. Left on Franz Street - end at Crossfit Lacey

### 3.25 Mi Route

1. Right on Franz Starting at Crossfit Lacey
2. Left on Pacific onto woodland trail
3. Pass College
4. Stay on Trail through Traffic circle (that Merges Lacey Blvd and Pacific) - Trail is opposite side of Traffic circle
5. Run all the way out to Fones Road Crossing
6. Turn around at Fones Road
7. Head Back exactly the way you came

## Training Plan Intermediate 5 Mile

8. Through Traffic circle - back onto Trail next to Pacific
9. Right on Franz End at crossfit Lacey

### 3.31 mi Route

1. Right on Franz street Starting at Crossfit Lacey
2. Left on Pacific on to Woodland trail
3. Cross college
4. Straight through Traffic circle stay on Woodland Trail
5. Turn AROUND at Fones Rd, Head back the way you came
6. At Traffic circle Take 2nd Right onto Lacey BLVD Stay on side walk
7. Cross College
8. Left at Franz st. End at Crossfit Lacey

### 4.28 mi Route (*your are running thing Route 2x throughout the training plan*)

1. Left on Franz Starting from Crossfit Lacey
2. Right on Lacey BLVD
3. Right on Ruddel
4. TO MULLEN \_ TURN AROUND!!
5. Head Back on Ruddel
6. Right on Lacey Blvd
7. Left on Franz end at crossfit Lacey

### 4.4 mi Route

1. Right on Franz from crossfit Lacey
2. Left on Pacific- Get onto Trail
3. Pass College
4. Go straight through Traffic circle and Get Back onto the Woodland Trail
5. Take right on Fones Road
6. Left at Traffic Circle onto 18th Turns into 14th
7. At Chambers Lake Trail Head hop onto Chehalis Western trail, Going Left over the bridge
8. Right onto Woodland Trail (where we came from heading back to the gym)
9. At Traffic circle get onto Lacey BLVD (not the way that you came, you are staying to the right, should be your 2nd right at the circle)
10. Left on Franz street End at crossfit Lacey

### 5.03 mi Route

1. Left on Franz From Crossfit Lacey
2. Right on Lacey Blvd
3. Right on Ruddel
4. Left on Mullen
5. Right on College
6. Pass Lacey BLVD
7. Right on Pacific - on to Trail
8. Right on Franz End at Crossfit Lacey