

# Black Cat Chase 5K

## Six Week Training Program

	Date	Day	Beginner		Intermediate	
			Run/Walk	Intensity	Jog/Run	Intensity
Week 1	9/19/2011	Monday	20 minutes	easy	30 minutes	easy
	9/20/2011	Tuesday	20 minutes	easy	25 minutes	moderate
	9/21/2011	Wednesday	rest		rest	
	9/22/2011	Thursday	20 minutes	moderate	30 minutes	moderate
	9/23/2011	Friday	20 minutes	easy	30 minutes	easy
	9/24/2011	Saturday	30 minutes	easy	40 minutes	easy
	9/25/2011	Sunday	rest		rest	
Week 2	9/26/2011	Monday	20 minutes	easy	30 minutes	easy
	9/27/2011	Tuesday	25 minutes	moderate	30 minutes	moderate
	9/28/2011	Wednesday	rest		rest	
	9/29/2011	Thursday	20 minutes	moderate	30 minutes	moderate
	9/30/2011	Friday	25 minutes	easy	30 minutes	easy
	10/1/2011	Saturday	30 minutes	easy	45 minutes	easy
	10/2/2011	Sunday	rest		rest	
Week 3	10/3/2011	Monday	25 minutes	easy	35 minutes	easy
	10/4/2011	Tuesday	25 minutes	hard	25 minutes	hard
	10/5/2011	Wednesday	rest		rest	
	10/6/2011	Thursday	25 minutes	moderate	30 minutes	moderate
	10/7/2011	Friday	25 minutes	easy	30 minutes	easy
	10/8/2011	Saturday	35 minutes	easy	45 minutes	easy
	10/9/2011	Sunday	rest		rest	
Week 4	10/10/2011	Monday	30 minutes	easy	35 minutes	easy
	10/11/2011	Tuesday	25 minutes	hard	30 minutes	hard
	10/12/2011	Wednesday	rest		rest	
	10/13/2011	Thursday	30 minutes	moderate	30 minutes	moderate
	10/14/2011	Friday	30 minutes	easy	30 minutes	easy
	10/15/2011	Saturday	40 minutes	easy	50 minutes	easy
	10/16/2011	Sunday	rest		rest	
Week 5	10/17/2011	Monday	30 minutes	easy	35 minutes	easy
	10/18/2011	Tuesday	25 minutes	hard	30 minutes	hard
	10/19/2011	Wednesday	rest		rest	
	10/20/2011	Thursday	30 minutes	moderate	35 minutes	moderate
	10/21/2011	Friday	30 minutes	easy	30 minutes	easy
	10/22/2011	Saturday	45 minutes	easy	50 minutes	easy
	10/23/2011	Sunday	rest		rest	
Week 6	10/24/2011	Monday	30 minutes	easy	35 minutes	easy
	10/25/2011	Tuesday	25 minutes	moderate	30 minutes	moderate
	10/26/2011	Wednesday	30 minutes	easy	30 minutes	easy
	10/27/2011	Thursday	rest		rest	
	10/28/2011	Friday				

**Black Cat Chase**

### Intensity Guidelines

#### Beginner

Easy = 55-65% of your max Heart Rate

Moderate = 65-75% of your max Heart Rate

Hard = 75-85% of your max Heart Rate

Max Heart Rate (bpm) = 220-age

#### Intermediate

Easy = 60-70% of your max

Moderate = 70-85% of your max

Hard = 85-95% of your max

Max Heart Rate (bpm) = 220-age

The following training schedule is a guide to follow. If you miss a scheduled run, simply just go on to the next day and pick up where you left off. Please consult your physician if you are just starting an exercise program. For more information about the Black Cat Chase, please visit [www.frankfortymca.org](http://www.frankfortymca.org).