



GO! St. Louis® invites YOU to engage in a Personal Journey!
 Start Training for the 2009 1st Annual GO! St. Louis® Halloween 10K & Fun Run
 October 18, 2009 in downtown St. Louis

WEEK #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 17 (1)	Off or XT	20 min. run/walk	Off or XT	20 min. run/walk	Off or XT	OFF	2.0 mile run/walk
August 24 (2)	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3.0 mile run/walk
August 31 (3)	Off or XT	30 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3.5 mile run/walk
September 7 (4)	Off or XT	35 min. run/walk	Off or XT	30 min. run/walk	Off or XT	OFF	4.0 mile run/walk
September 14 (5)	Off or XT	40 min. run/walk	Off or XT	35 min. run/walk	Off or XT	OFF	4.5 mile run/walk
September 21 (6)	Off or XT	45 min. run/walk	Off or XT	40 min. run/walk	Off or XT	OFF	5.0 mile run/walk
September 28 (7)	Off or XT	50 min. run/walk	Off or XT	45 min. run/walk	Off or XT	OFF	5.5 mile run/walk
October 5 (8)	Off or XT	55 min. run/walk	Off or XT	60 min. run/walk	Off or XT	OFF	6.0 mile run/walk
October 12 (9)	Off or XT	30 min. run/walk	Off or XT	20 min. run/walk	Off or XT	OFF	10K Event (6.2 miles) October 18

This program assumes that you can run/walk at least two miles. During your training, you may want to begin walking the distance, develop a brisk walk, insert a few jogs, and incorporate the running as desired or simply walk. Some people alternate walking with running. The goal is to finish and feel a sense of accomplishment!

(If you can not presently run/walk two miles, we encourage you to enter our one-mile fun run on October 18. Then, continue training for the GO! St. Louis 5K in Forest Park on Saturday, April 10, 2010.)

Training tips:

1. You can do the long run on Saturday if you wish. In that case, take the Friday off from exercising.
2. On your “long runs”, take more walking breaks.
3. XT means cross training. You can walk or do some form of non-pounding exercise, such as swimming, cycling, or exercise machines, for 10 minutes or so at an easy pace.
4. Remember to drink water before, during and after exercise, even when it is cold.
5. Train with others. After the fitness workout, socialize over a cup of coffee!

For more event information, www.gostlouis.org.

This training program, developed by the **GO! St. Louis**, is a suggested program. Participants train at their own risk and should always consult a physician before engaging in a fitness program.