



**10K Training Calendar SONOMA
(8 Weeks)**

Sunday, 4/7	Meet at Sonoma Fit- Run through Maxwell Farms 1-2 times depending on distance. 45-1 hour (4-6 miles)
Sunday, 4/14	Meet at Sonoma Fit- Run to Bartholomew Park and back (6 miles)
Sunday, 4/21 Easter* Earlier start time?	Meet at Sonoma Fit- Run to the gate of Hanzell Vineyards (4 miles), continue to Maxwell Park, run 4x4 laps around the park at race pace.
Sunday, 4/28	Meet at Sonoma Plaza - Run to Gundlach Bundschu. Progression Run- Race pace finish.
Sunday, 5/5	Hill Day! Run from Sonoma Fit down the bike path to the Montini Preserve. We will run to the top of the Overlook Trail and down through the cemetery and back on the bike path.
Sunday, 5/12 (Mother's Day Run) • Earlier start?	Bring your mom! :) Or meet her after for brunch :) Sonoma Fit to Buena Vista Winery and back (7.5 miles). Option to turn around at Castle Rd intersection. Fast finish to club.

Sunday, 5/19 -On your own! Or come join me in the Windsor Half and 10K	I am running the Windsor Half Marathon today! Sign up and run the 10K or run 6-7 miles on your own or with the group!
Sunday, 5/26	Course Preview! Meet at Sonoma Plaza and plan your race!
Race DAY!!!	Course maps: https://hittheroadjack.org/runs

**10K Training Calendar PETALUMA
(8 Weeks)**

Wednesday, 4/10	Meet at Sonoma Fit- Run to Shollenberger Park 45-60 mins
Wednesday, 4/17	Meet at Sonoma Fit- Run to Prince Park on the bike path. Progression finish.
Wednesday, 4/24	Meet at Sonoma Fit- Warm up to the end of Ely Blvd. 2x1 miles at race pace at the Casa Grande track.
Wednesday, 5/1	Meet at Sonoma Fit- Deer Creek Trail
Wednesday, 5/8	Meet at Sonoma Fit- Run around the paths at the wastewater treatment plant
Wednesday, 5/15	Longer Run from SoFit to SRJC Petaluma Campus along bike path
Wednesday, 5/22	SoFit to Schollenberger- Fast finish 2x1 miles at CGHS Track
Wednesday, 5/29	Final Group Run! 5-mile tune-up before the race!
Sunday, June 2: RACE DAY	Course maps: https://hittheroadjack.org/runs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday,
Recovery Day	Cardio Day Ideally running/walking 4+ miles at an easy to moderate pace.	Rest or Cross Training Suggested: TRX or Yoga for core strength and mobility	Cardio Day- Ideally running for at least 45-1 hour	Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, 4/7 Sign up!
Recovery Day	Cardio Day Ideally running/walking 5+ miles at an easy to moderate pace.	Rest or Cross Training Suggested: TRX or Yoga for core strength and mobility	Cardio Day- Ideally running for at least 45-1 hour Join us in Petaluma for a weeknight run!	Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, 4/14 6-7 Miles 45- 1 hour
Recovery Day	Cardio Day Ideally running/walking 6+ miles at an easy to moderate pace.	Rest or Cross Training Suggested: TRX or Yoga for core strength and mobility	Cardio Day- Ideally running for at least 45-1 hour	Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, 4/21 Easter 7-8 miles 50-1 hr & 15 mins
Recovery Day	Cardio Day Ideally running/wal	Rest or Cross Training	Cardio Day- Ideally	Rest Day Or Yoga, Core 30,	Cross training/30 minute	Sunday, 4/28 Long Run-

	king 6+ miles at an easy to moderate pace.	Suggested: TRX or Yoga for core strength and mobility	running for at least 45-1 hour	Yoga Core	run	6-7
Recovery Day	Cardio Day Ideally running/walking 6 miles at an easy to moderate pace.	Rest or Cross Training Suggested: TRX or Yoga for core strength and mobility		Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, May 5th Progression Run 6-7 miles (Progression means start slower and build speed to your goal race pace)
Recovery Day	Cardio Day Ideally running/walking 6 miles at an easy to moderate pace.	Rest or Cross Training Suggested: TRX or Yoga for core strength and mobility	Cardio Day- Ideally running for at least 45-1 hour	Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, May 12th Mother's Day Run Progression Run 6-7 miles
Recovery Day	Cardio Day Ideally running 4-5 miles at an easy to moderate pace.	Rest or Cross Training Suggested: TRX or Yoga for core strength and mobility	Cardio Day- Ideally running for at least 45-1 hour	Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, May 19th Progression Run 6-7 miles
Recovery Day	Cardio Day Ideally running 3 miles at an	Rest or Cross Training Suggested:	Cardio Day- Ideally running for at least	Rest Day Or Yoga, Core 30, Yoga Core	Cross training/30 minute run	Sunday, May 26th 5-6 miles at goal pace

	easy to moderate pace.	TRX or Yoga for core strength and mobility	45-1 hour			
Recovery Day	<p>Cardio Day</p> <p>Ideally running 3 miles at an easy to moderate pace.</p>	<p>Rest Day</p> <p>Foam roll and stretch</p>	<p>Cardio Day</p> <p>Ideally running for 45 mins</p>	<p>Rest Day Or Yoga, Core 30, Yoga Core</p>	<p>Stretch/30 minute jog</p>	<p>Sunday, June 2nd</p> <p>Race Day!</p>