

RMH Run for Fun Training Schedule

The 8-week training plan will prepare you for the 5th Annual Run for the RACC 5K, which will be held Aug. 13, 2011, at the Rome Art & Community Center.

Even if you've never run before, we can help you cross the finish line! We start out walking and add brief intervals of running until you can run continuously for 30 minutes. You don't have to run fast. You just have to have fun!

Rome Memorial Hospital employees are invited to join group training runs 4:15 p.m. Mondays and Wednesdays, starting June 20. We meet in the lobby. For more information, e-mail Cassie at cwinter@romehospital.org.

		Total	Walk	Run			
Day	Date	Minutes	Minutes	Sets	Notes	Weekly Total	
Monday	6/20/11	30 min	9	1	3	Walk/Run	
Tuesday	6/21/11						
Wednesday	6/22/11	30 min	9	1	3	Walk/Run	
Thursday	6/23/11						
Friday	6/24/11						
Saturday	6/25/11	30 min	9	1	3	Walk/Run	
Sunday	6/26/11						90 minutes
Monday	6/27/11	30 min	8	2	3	Walk/Run	
Tuesday	6/28/11						
Wednesday	6/29/11	30 min	8	2	3	Walk/Run	
Thursday	6/30/11						
Friday	7/1/11						
Saturday	7/2/11	30 min	8	2	3	Walk/Run	
Sunday	7/3/11						90 minutes
Monday	7/4/11	30 min	7	3	3	Walk/Run	
Tuesday	7/5/11						
Wednesday	7/6/11	30 min	7	3	3	Walk/Run	
Thursday	7/7/11						
Friday	7/8/11						
Saturday	7/9/11	30 min	7	3	3	Walk/Run	
Sunday	7/10/11						90 minutes
Monday	7/11/11	30 min	6	4	3	Walk/Run	
Tuesday	7/12/11						
Wednesday	7/13/11	30 min	6	4	3	Walk/Run	
Thursday	7/14/11						
Friday	7/15/11						
Saturday	7/16/11	30 min	6	4	3	Walk/Run	
Sunday	7/17/11						90 minutes
Monday	7/18/11	30 min	5	5	3	Walk/Run	
Tuesday	7/19/11						
Wednesday	7/20/11	30 min	5	5	3	Walk/Run	
Thursday	7/21/11						
Friday	7/22/11						
Saturday	7/23/11	30 min	5	5	3	Walk/Run	
Sunday	7/24/11						90 minutes
Day	Date	Miles				Notes	Weekly Total
Monday	7/25/11	2.5 miles					
Tuesday	7/26/11						
Wednesday	7/27/11	2.5 miles					

Thursday	7/28/11				
Friday	7/29/11				
Saturday	7/30/11	3 miles			
Sunday	7/31/11				8 miles
Monday	8/1/11	2.5 miles			
Tuesday	8/2/11				
Wednesday	8/3/11	3 miles			
Thursday	8/4/11				
Friday	8/5/11				
Saturday	8/6/11	3 miles			
Sunday	8/7/11				8 miles
Monday	8/8/11	3 miles			
Tuesday	8/9/11				
Wednesday	8/10/11	3 miles			
Thursday	8/11/11				
Friday	8/12/11				9.0 Miles
Saturday	8/13/11	3.1 miles			RACE DAY