

Locations:

Ost Field
 Runner's High 'n Tri
 Sunset Meadows Park
 Busse Woods (Med Brown Meadow)
 Salute, Inc 5k

Address:

250 E. Wood Street, Palatine, IL 60067
 121 W Campbell St, Arlington Heights, IL 60005
 New Wilke and W. Kirchoff, Arlington Heights, IL 60005
 Golf Rd. Entrance, East of Rte 53
 500 E Miner St, Arlington Heights, IL 60004

Tuesday**Kickoff**

3/12/19

Runner's High 'n Tri
 7:00 PM

Week	Tuesday 3/19/19	Thursday 3/21/19	Saturday 3/23/19
Week 1	Ost Field 6:00 PM	Runner's High 'n Tri 6:00 PM	Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. Repeat for 20 minutes: 1 min. jog 1.5 min. walk	Brisk five-minute warmup walk. Repeat for 20 minutes: 1 min. jog 1.5 min. walk	Brisk five-minute warmup walk. Repeat for 20 minutes: 1 min. jog 1.5 min. walk
Week 2	3/26/19 Ost Field 6:00 PM	3/28/19 Runner's High 'n Tri 6:00 PM	3/30/19 Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. Repeat for 20 minutes: 1.5 min. jog 2 min. walk	Brisk five-minute warmup walk. Repeat for 20 minutes: 1.5 min. jog 2 min. walk	Brisk five-minute warmup walk. Repeat for 20 minutes: 2 min. jog 2 min. walk
Week 3	4/2/19 Ost Field 6:00 PM	4/4/19 Runner's High 'n Tri 6:00 PM	4/6/19 Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. Two repetitions: 1.5 min. jog 1.5 min. walk 3 min. jog 3 min. walk	Brisk five-minute warmup walk. Two repetitions: 1.5 min. jog 1.5 min. walk 3 min. jog 3 min. walk	Brisk five-minute warmup walk. Two repetitions: 1.5 min. jog 1.5 min. walk 3 min. jog 3 min. walk
Week 4	4/9/19 Ost Field 6:00 PM	4/11/19 Runner's High 'n Tri 6:00 PM	4/13/19 Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. 2 min. jog 1.5 min. walk 4 min. jog 2.5 min. walk 6 min. jog	Brisk five-minute warmup walk. 2 min. jog 1.5 min. walk 4 min. jog 2.5 min. walk 6 min. jog	Brisk five-minute warmup walk. 3 min. jog 1.5 min. walk 5 min. jog 2.5 min. walk 6 min. jog
Week 5	4/16/19 Ost Field 6:00 PM	4/18/19 Runner's High 'n Tri 6:00 PM	4/20/19 Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. 3 min. jog 1.5 min. walk 5 min. jog 2.5 min. walk 8 min. jog	Brisk five-minute warmup walk. 4 min. jog 1.5 min. walk 6 min. jog 2.5 min. walk 9 min. jog	Brisk five-minute warmup walk. 5 min. jog 1.5 min. walk 7 min. jog 2.5 min. walk 10 min. jog
Week 6	4/23/19 Ost Field 6:00 PM	4/25/19 Runner's High 'n Tri 6:00 PM	4/27/19 Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. 8 min. jog 3 min. walk 10 min. jog 3 min. walk 8 min. jog	Brisk five-minute warmup walk. 9 min. jog 3 min. walk 12 min. jog	Brisk five-minute warmup walk. 15 min. jog
Week 7	4/30/19 Ost Field 6:00 PM	5/2/19 Runner's High 'n Tri 6:00 PM	5/4/19 Sunset Meadows 7:30 AM
	Brisk five-minute warmup walk. 10 min. jog 3 min. walk 14 min. jog	Brisk five-minute warmup walk. 8 min. jog 2 min. walk 10 min. jog 3 min. walk 12 min. jog	Brisk five-minute warmup walk. 20 min. jog
Week 8	5/7/19 Ost Field 6:00 PM	5/9/19 Runner's High 'n Tri 6:00 PM	5/11/19 Busse Woods 7:30 AM
	Brisk five-minute warmup walk. 14 min. jog 3 min. walk 12 min. jog	Brisk five-minute warmup walk. 12 min. jog 3 min. walk 14 min. jog	Brisk five-minute warmup walk. 25 min. jog
Week 9	5/14/19 Ost Field 6:00 PM	5/16/19 Runner's High 'n Tri 6:00 PM	5/18/19 Busse Woods 7:30 AM
	Brisk five-minute warmup walk. 25 min. jog	Brisk five-minute warmup walk. 25 min. jog	Brisk five-minute warmup walk. 25 min. jog
Week 10	5/21/19 Ost Field 6:00 PM	5/23/19 Runner's High 'n Tri 6:00 PM	5/25/19 Salute, Inc 5k 8:00 AM
	Brisk five-minute warmup walk. 28 min. jog	Brisk five-minute warmup walk. 30 min. jog	Race Day < 30 min run