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Ronkonkoma train schedule pdf

Topics to explore: Advertising Advertising Topics to explore: Advertising Advertising Topics to explore: Advertising Advertising Advertising In this section: Office of Education and Training Development (OTED) ORA Pathlore Learning Management System (LMS) for state/local/territorial constituents. You can now go directly to Pathlore LMS to search the Course Catalog (use the following steps to search for courses in Pathlore.) This link will present a real-time view of the instructor-led courses currently offered by OTED: Current OTED Class Schedule To search the entire OTED catalog of courses for online courses and instructor-led courses that cannot be offered each year: On the pathlore homepage select the Course Catalog Search option from the top left menu, or choose OTED Course Catalog for research in the main menu. On the next page, in the Keyword Search box, type the title or partial title of the course you're looking for. If you want to search for a topic or keyword using the percentage sign, it will return all results containing this term. To see the full catalogue of the OTED course, leave the Keyword Search box blank, and then click the Search button. You can also search by subject area using the categories drop-down menu, i.e. medicines, food, imports, etc. If you know the course identification number or the OTED Training Officer, you can also use this information to search. When you find the course you're looking for, choose the Select button next to the course to see the information. For additional help, contact our Help Desk: appsdesk@fda.hhs.gov. Back at Top Mitchell Funk / Getty Images Have you chosen your next marathon? If you've done more than one marathon, you're already running five days a week, and you can run up to 8 miles comfortably, this advanced marathon schedule can be good for you. Check out the program (see chart below) and see what you think. If it looks like it might be too difficult right now, try this intermediate schedule. Cross-training (CT): Cross-training activities allow you to give the joints and run your muscles a break while still working on your cardio. When the schedule requires CT, do a cardiovascular activity other than running (cycling, swimming, elliptical trainer) to a moderate effort for 45 to 60 minutes. Tempo Run: The tempo runs helps you develop your anaerobic threshold, which is critical for faster races. For a 40-minute tempo race, for example, start your race with 5 to 10 minutes of easy race, then continue with 15 to 20 minutes of running at approximately a pace that falls between your half marathon and 10K pace. Finish with 5 to 10 cooling. If you're not sure what your 10K pace is, run at a pace that feels comfortably hard. Force train: Spend about 20-25 minutes making the body lower and strengthening the core. Here are some sample strength training Interval Workouts (IW): After a 10-minute warm-up, run the designated range in Race Pace (see below), then recover with easy run for 2 minutes before starting the next interval. Finishing intervals with a cooling of 10 minutes. Easy pace (EP): These races should be done at an easy and comfortable pace. You should be able to breathe and talk easily. This is also his long-term pace (Saturday). Race pace (RP): These races (or portions of racing) should be done at your estimated marathon race pace (RP). If you're not sure what your marathon race pace is, add 30-45 seconds per mile to your half marathon pace. You can also use a recent race time to figure out what your estimated marathon race time would be. Rest: Rest is essential for your recovery and injury prevention efforts. Your muscles build and repair during your days off. Running every day can lead to injury and burns. Fridays are a good day to rest, since you will have run on Thursday and you will have your long term the next day. You can change your day to accommodate your schedule. If you are busy one day, it is ok to change a day off for a race day. For example, some runners prefer to do their long races on Sunday, so you could do your EP run on Friday, rest on Saturday, and do your long race on Sunday. WeekMonday Tuesday Tuesdays Tuesday, day, Day Monday, FridaySaturdaySaturdaySunday13 mi EP 35 min tempoStrength train + 5 mi EPRest mi EPRest mi EPRest mi4-8 mi EP35 mi EP35 min tempoStrength train + 5 mi EPRest mi EPRest9 mi EP34 mi EP40 min tempoStrength train + 6 mi EP6 mi EPRest -8 mi EP44 mi EP40 min tempoStrength train + 8 mi EP6 mi EPRest12 mi4-8 mi EP55 mi EPIW: 5 x 800 RPSrength train + 8 mi EP40 min tempoRest14 mi4-5 mi EP65 mi EP5 hill repeatsStrength train + 6 mi EP40 min tempoRest16 mi4-5 mi EP5 EP75 mi EPIW: 7 x 800 train RPSrength + 10 mi EP2 mi EP + 8 mi RPRest18 mi RPRest18 mi EP85 mi EP7 hill repeatsStrength train + 6 mi EP40 min tempoCT o Rest12 mi5-6 mi EP95 mi EP95 mi EPIW: 6 x 800 train RPSrength + 8 mi EP2 mi EP + 8 mi RPRest20 mi RPRest20 mi EP105 mi EP8 hill repeatsStrength train + 6 mi EP40 min tempoRest14 mi5-6 mi EP115 mi EPIW : 8 x 800 RPSrength train + 10 km EP + 6 miles RPRest16 mi (last 6 mi RP)6-7 mi EP126 mi EP7 hill repeatsStrength train + 8 mi EP40 min tempoCT or Rest12 mi4-5 mi EP 1 EP35 mi EP + 8 mi RPSrength train + 8 mi EP2 mi EP + 8 mi RPRest21 mi EP145 mi EP6 mi EP6 hill repeatsStrength train + 8 mi EP45 min tempoCT or Rest14 mi4-8 mi EP154 mi EPIW : 6 x 800 train RPSrength + 8 mi EP45 min tempoRest20 mi (last 4 mi RP)3-4 mi EP16CT5 hill repeat5 mi EP40 min tempoR 5 x 800 RP4 mi EPRest6 mi EPRest6 mi mi EPRest mi EPRest mi EP18CTRest4 mi EPRest2 mi EPRace! Thanks for your comments! What are your concerns? If you're new to half marathons, the distance can feel like a big step up. Use these training schedules to make sure your next few weeks of race preparation go smoothly. Use these free races schedules to motivate you and get fit for the big day, whether you work for your first 5K or to run a marathon. Marathon.

