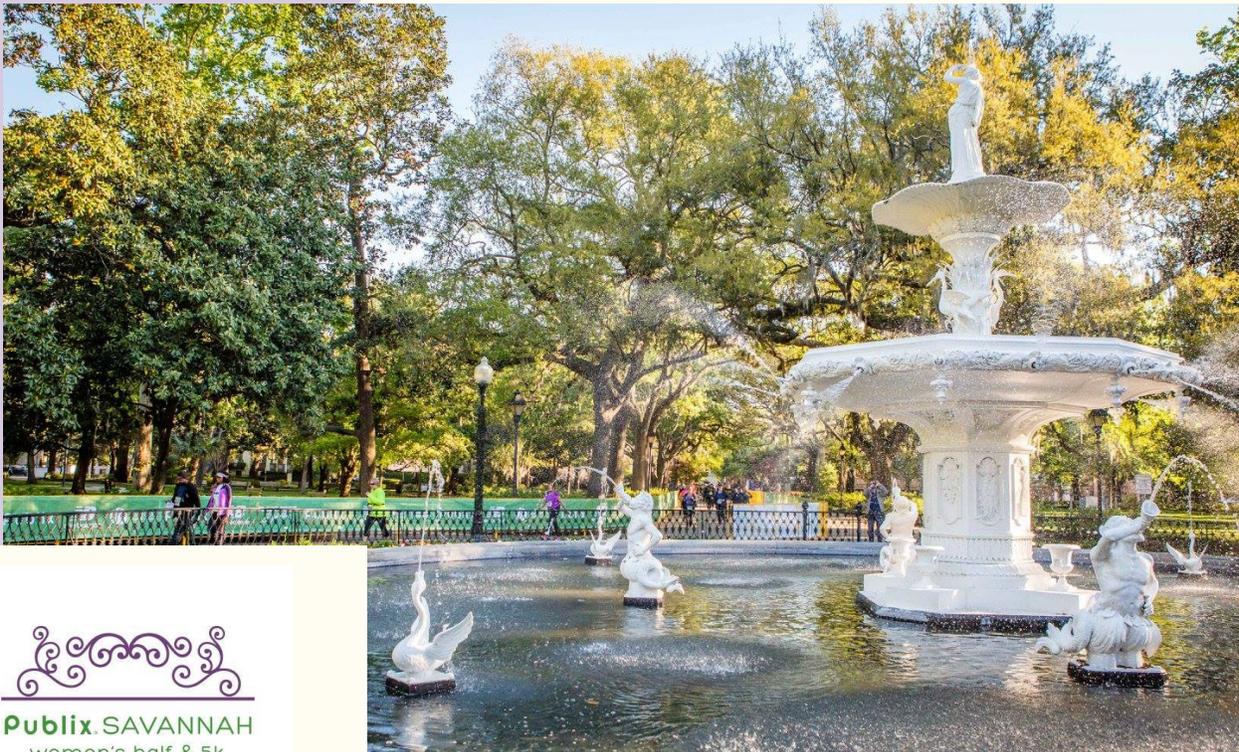


TRAIN WITH US

Training provided by Fleet Feet Savannah & Tessa Jones of
Craving Pavement



October 9th, 2021

FLEET FEET SAVANNAH
3405 Waters Ave
Savannah, GA 31405
912.355.3527

FLEET FEET POOLER
1702 Pooler Parkway
Pooler, GA 31322
912.988.7927

Congratulations! You have registered for the Publix Savannah Women's 5k & Half Marathon in Savannah, Georgia. Race day is October 9th, 2021, and we want to help you train to toe the line with strength and confidence come race day. Enjoy these free "Pacer/Racer" 5k & Half Marathon Training Plans. If you're looking for a training plan more specific to you, please contact Tessa at Cravingpavement@hotmail.com. If you're local to the Savannah area, we invite you to run with us in-person at our weekly group runs at Fleet Feet Savannah-Pooler!

WHEN WE RUN

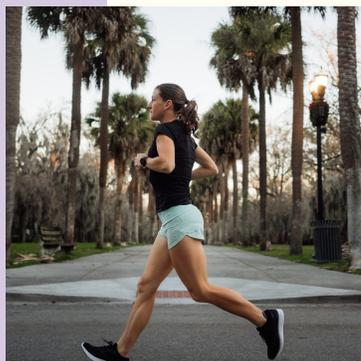
- Savannah: Tuesdays/Thursdays 5:30am & 6:30pm
- Pooler: Tuesdays/Thursdays 6:30pm
- Savannah & Pooler: Saturdays 6:30am

HOW TO TRAIN FOR YOUR BEST RACE

- The "**Pacer**" plan is designed for the novice runner. With introductory run/walk intervals that progress safely with a primary goal to finish a 5k happily and healthfully.
- The "**Racer**" plan is designed for a runner currently comfortable with the 5k distance, but looking to better his/her time. Racers are concerned with time and place and are looking to be challenged.

If these plans appear to be beyond your ability or lack sufficient challenge, contact Tessa Jones at cravingpavement@hotmail.com.

TESSA JONES & CRAVING PAVEMENT TRAINING



Craving Pavement was created by Tessa Jones in 2019 with the intent to bring free community group runs to the Savannah running scene, as well as personalized training plans to novice and experienced runners alike. Tessa is an ACE certified group fitness instructor, a RRCA certified running coach, and the Training Program Director for Fleet Feet Savannah-Pooler.

If your local to the Savannah area, we encourage you to run and train with the Fleet Feet Running Club at both of our Savannah and Pooler locations. Group runs are free and we welcome all levels and paces.

Chasing a specific race goal or PR? That's where Craving Pavement can help! For a small fee, Tessa will create a personalized training plan with pace specific workouts, fueling advice, race day prep and strategy, and more that are sure to have you toeing the line with confidence on race day!

For more training help, visit cravingpavementrunning.com.

#SAVWOMENSHALF

SATURDAY
MAR. 27
2021



FLEET FEET

SAVANNAH

ADDITIONAL TRAINING & COACHING OPTIONS

Enjoy these free “Pacer & Racer” plans courtesy of Tessa Jones of Craving Pavement, Fleet Feet Savannah-Pooler, and the Publix Savannah Women's 5k & Half Marathon.

Do you like these plans but prefer to have one customized for you? By completing a thorough Runner Profile questionnaire, Tessa will adjust your plan to fit your current fitness level, goals, race schedule, and time commitment for \$75.

More options can be found at Cravingpavementrunning.com under “Plans and Pricing” tab. Coach Tessa Jones can be contacted at cravingpavement@hotmail.com.



PACER 5K TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the Publix Savannah Women's 5k & Half Marathon.

W#	SUNDAY *Rest	MONDAY *Rest/XT	TUESDAY *R/W Intervals	WEDNESDAY *Walk	THURSDAY *R/W Intervals	FRIDAY *Rest	SATURDAY *Easy Run
12	0	0	5min. Walk + 3x (3:3 R/W)	20 min. Walk	5min. Walk + 3x (3:3 R/W)	0	5min. Walk + 4x (3:3 R/W)
11	0	0	5min. Walk + 4x (3:3 R/W)	20 min. Walk	5min. Walk + 5x (3:3 R/W)	0	5min. Walk + 5x (3:3 R/W)
10	0	0	5min. walk + 4x (3:1 R/W) + 3min. Walk + 2x(3:1 R/W)	20 min. Walk	5min. walk + 4x (3:1 R/W) + 2min. Walk + 2x(3:1 R/W)	0	5min. walk + 6x (3:1 R/W)
9	0	0	5min. walk + 6x (3:1 R/W)	20 min. Walk	5min. walk + 7x (3:1 R/W)	0	5min. walk + 8x (3:1 R/W)
8	0	0	5min. walk + 5x (4:1 R/W)	20 min. Walk	5min. walk + 5x (4:1 R/W)	0	5min. walk + 6x (4:1 R/W)
7	0	0	5min. walk + 6x (4:1 R/W)	20 min. Walk	5min. walk + 3x (5:1 R/W)	0	5min. walk + 4x (5:1 R/W)
6	0	0	5min. walk + 5x (5:1 R/W)	20 min. Walk	5min. walk + 4x (6:1 R/W)	0	5min. walk + 4x (6:1 R/W)
5	0	0	5min. walk + 3x (7:1 R/W)	20 min. Walk	5min. walk + 4x (7:1 R/W)	0	Dynamic WU + 2x(10:2 R/W)
4	0	0	Dynamic WU + 3x(10:2 R/W)	20 min. Walk	5min. walk + 3x(10:1 R/W)	0	Dynamic WU + 2x(12:2 R/W)
3	0	0	Dynamic WU + 15min. Jog + 3min. Walk + 10min. Jog	20 min. Walk	5min. Walk + 2x(15:3)	0	5min. Walk + 18min. Jog + 3min. Walk + 10min. Jog
2	0	0	5min. Walk + 20min. Jog + 2min. Walk + 10min. Jog	20 min. Walk	5min. Walk + 22min. Jog + 2min. Walk + 8min. Jog	0	5min. Walk + 24min. Jog + 1min. Walk + 6min. Jog
1	0	0	5min. Walk + 26min. Jog	20 min. Walk	5min. Walk + 30min. Jog	0	5k!

ITEMS TO NOTE

- M/W/F/Sundays are easy recovery runs or days off
- Tuesdays are the highest quality run of the week
- Thursdays are moderate effort runs - a bit faster than “easy” pace.
- Saturdays are easy long runs.



RACER 5K TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the Publix Savannah Women's 5k & Half Marathon.

W#	SUNDAY *Rest	MONDAY *Rest/XT	TUESDAY *Group Speed Workout	WEDNESDAY *Recovery Run or XT	THURSDAY *Easy Run	FRIDAY *Rest	SATURDAY *Easy Run
12	0	0	3	30 min.	3-5 miles or 40min. Easy	0	3
11	0	0	3	30 min.	3-5 miles or 40min. Easy	0	3
10	0	0	3	30 min.	3-5 miles or 40min. Easy	0	3.5
9	0	0	3	30 min.	3-5 miles or 40min. Easy	0	3.5
8	0	0	3	30 min.	3-5 miles or 40min. Easy	0	4
7	0	0	3	30 min.	3-5 miles or 40min. Easy	0	4
6	0	0	3	30 min.	3-5 miles or 40min. Easy	0	4.5
5	0	0	3	30 min.	3-5 miles or 40min. Easy	0	4.5
4	0	0	3	30 min.	3-5 miles or 40min. Easy	0	5
3	0	0	3	30 min.	3-5 miles or 40min. Easy	0	5
2	0	0	3	30 min.	3-5 miles or 40min. Easy	0	4
1	0	0	3	30 min.	3-5 miles or 40min. Easy	0	5k!

ITEMS TO NOTE

- M/W/F/Sundays are easy recovery runs or days off
- Tuesdays are the highest quality run of the week
- Thursdays are moderate effort runs - a bit faster than “easy” pace.
- Saturdays are easy long runs.

#SAVWOMENSHALF

SATURDAY
MAR. 27
2021

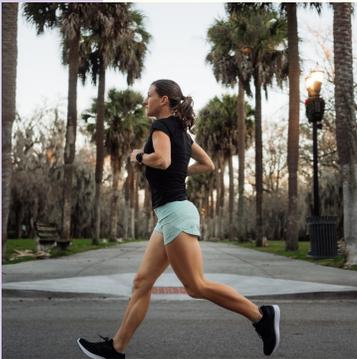


HOW TO TRAIN FOR YOUR BEST RACE

- The "**Pacer**" plan is designed for a runner currently comfortable with 5-6 miles and 3-4 days of running per week. The primary goal is to finish a half marathon happily and healthfully. This plan averages 23 miles a week and builds up to a peak of 27.
- The "**Racer**" plan is designed for a runner currently comfortable with 6-8 miles, a long run of 8 miles, and 4 days of running per week. Racers are concerned with time and place and are looking to be challenged. This plan averages 27 miles a week and builds up to a peak of 29.

If these plans appear to be beyond your ability or lack sufficient challenge, contact Tessa Jones at cravingpavement@hotmail.com.

TESSA JONES & CRAVING PAVEMENT TRAINING



Craving Pavement was created by Tessa Jones in 2019 with the intent to bring free community group runs to the Savannah running scene, as well as personalized training plans to novice and experienced runners alike. Tessa is an ACE certified group fitness instructor, a RRCA certified running coach, and the Training Program Director for Fleet Feet Savannah-Pooler.

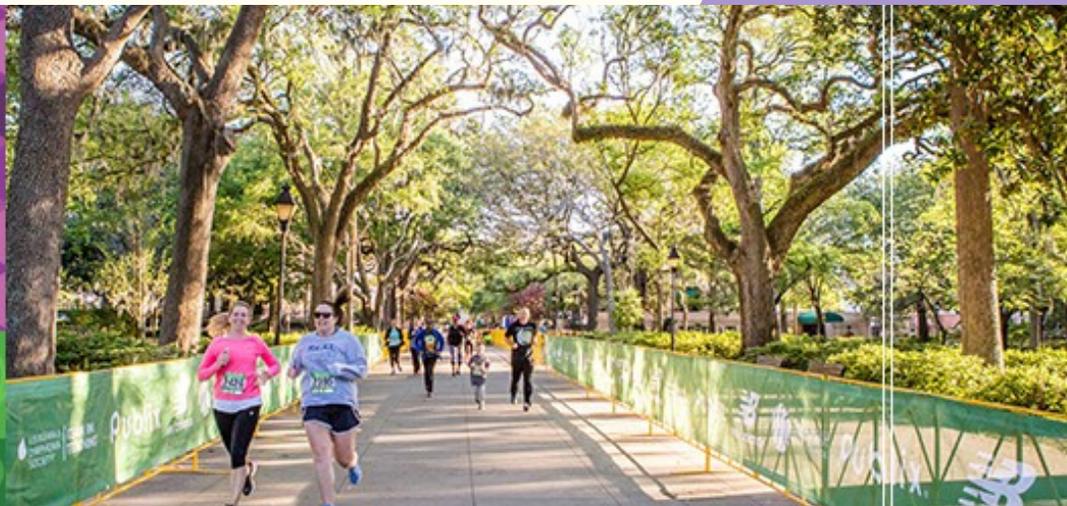
If your local to the Savannah area, we encourage you to run and train with the Fleet Feet Running Club at both of our Savannah and Pooler locations. Group runs are free and we welcome all levels and paces.

Chasing a specific race goal or PR? That's where Craving Pavement can help! For a small fee, Tessa will create a personalized training plan with pace specific workouts, fueling advice, race day prep and strategy, and more that are sure to have you toeing the line with confidence on race day!

For more training help, visit cravingpavementrunning.com.

#SAVWOMENSHALF

SATURDAY
MAR. 27
2021



FLEET FEET

SAVANNAH

ADDITIONAL TRAINING & COACHING OPTIONS

Enjoy these free “Pacer & Racer” plans courtesy of Tessa Jones of Craving Pavement, Fleet Feet Savannah-Pooler and the Publix Savannah Women's 5k & Half Marathon.

Do you like these plans but prefer to have one customized for you? By completing a thorough Runner Profile questionnaire, Tessa will adjust your plan to fit your current fitness level, goals, race schedule, and time commitment for \$75.

More options can be found at Cravingpavementrunning.com under “Plans and Pricing” tab. Coach Tessa Jones can be contacted at cravingpavement@hotmail.com.



PACER HALF MARATHON TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the Publix Savannah Women's 5k & Half Marathon.

W#	SUNDAY *Easy Run	MONDAY *Rest	TUESDAY *Group Speed Workout	WEDNESDAY *Rest	THURSDAY *Easy Run or Tempo	FRIDAY *Rest	SATURDAY *Long Run	WEEKLY TOTAL MILEAGE
16	3	0	4	0	4	0	5	16
15	3	0	4	0	4	0	6	17
14	2	0	5	0	4	0	7	18
13	2	0	5	0	5	0	8	20
12	4	0	5	0	5	0	7	21
11	3	0	6	0	6	0	8	23
10	3	0	6	0	6	0	9	24
9	4	0	6	0	6	0	8	24
8	3	0	6	0	6	0	10	25
7	3	0	6	0	6	0	11	26
6	4	0	6	0	6	0	9	25
5	4	0	6	0	6	0	10	26
4	3	0	6	0	6	0	12	27
3	4	0	6	0	6	0	10	26
2	4	0	6	0	6	0	8	24
1	4	0	4	0	3	0	13	24

ITEMS TO NOTE

- M/W/F/Sundays are easy recovery runs or days off
- Tuesdays are the highest quality run of the week
- Thursdays are moderate effort runs - a bit faster than “easy” pace.
- Saturdays are easy long runs.



RACER HALF MARATHON TRAINING PLAN

“Daily Mileage” (the number of miles you run on that day) is listed in the chart. The week number refers the weeks to go until the Publix Savannah Women's 5k & Half Marathon.

W#	SUNDAY *Easy Run	MONDAY *Rest	TUESDAY *Group Speed Workout	WEDNESDAY *Rest	THURSDAY *Easy Run or Tempo	FRIDAY *Rest	SATURDAY *Long Run	WEEKLY TOTAL MILEAGE
16	4	0	6	0	5	0	8	23
15	4	0	6	0	5	0	9	24
14	5	0	6	0	5	0	10	26
13	5	0	6	0	5	0	8	24
12	5	0	6	0	6	0	10	27
11	4	0	6	0	6	0	12	28
10	5	0	6	0	6	0	9	26
9	5	0	6	0	6	0	11	28
8	4	0	6	0	6	0	13	29
7	5	0	6	0	6	0	10	27
6	5	0	6	0	6	0	12	29
5	5	0	6	0	6	0	10	27
4	5	0	6	0	6	0	12	29
3	5	0	6	0	6	0	10	27
2	5	0	6	0	6	0	8	25
1	5	0	4	0	3	0	13	25

ITEMS TO NOTE

- M/W/F/Sundays are easy recovery runs or days off
- Tuesdays are the highest quality run of the week
- Thursdays are moderate effort runs - a bit faster than “easy” pace.
- Saturdays are easy long runs.

#SAVWOMENSHALF

SATURDAY
MAR. 27
2021

