

A LETTER FROM THE FOUNDER OF GIRLS ON THE RUN

To Our Girls on the Run® SoleMates:

Even after many years, I am still humbled by the many amazing people who so willingly dedicate themselves to the mission of Girls on the Run. You seem to mysteriously emerge from the chaotic waves of the world around you and find your way to the calm and comforting waters of Girls on the Run.

I could fill an entire book with the stories of the girls I have met over the years. Witnessing the transformation that they experience while participating in Girls on the Run I, too, am transformed! The program is empowering Brianna to celebrate her body, Kate to honor her voice, Jacinda to embrace her gifts and Sierra to activate her power! Girls on the Run is changing their lives and the lives of thousands more, thanks to the fabulous women and men like you, who are participating in our Girls on the Run SoleMates program! I am confident that this experience will change your life as well and gracefully pull you forward, like it has for me, to higher ground.

I'd also like to introduce you to Jenny Hadfield, running coach extraordinaire and the author of our SoleMates Training Program. As a leading running authority and frequent Runner's World contributor, Jenny brings her expertise, passion and comprehensive training guidance so that your experience in our SoleMates program will be as fun, uplifting and rewarding as the Girls on the Run experience is for our girls!

In closing let me thank you...thank you for giving girls from across North America an opportunity to experience the magic that I have come to expect every time I coach Girls on the Run. I am humbly indebted to you for your passionate commitment and abundant love for the girls our program serves.

Take care of yourself,

Molly Barker, M.S.W.
Founder
Girls on the Run International

MARATHONING FOR MORTALS TRAINING PROGRAMS

COACH JENNY HADFIELD

Welcome to the Girls on the Run SoleMates Training Program. I developed the following training programs to help guide you to the finish line! There is something for everyone and the real key to success starts with finding a program that closely matches your current training. That way, you'll progress safely.

There are five **5K Training Programs:**

Walk [all walking]

Walk-Run [a little running sprinkled in with walking]

Run-Walk [a little walking sprinkled in with running]

Run [all running]

Advanced Run [for those who have run half marathons]

Why so many?

Because everyone is at a different fitness level and we all have varying goals for race day. Some of you may be walking, while others are run-walking or even running. Some may be starting an exercise program for the first time. Regardless, we are all training to reach the start line safely and more importantly, to look good for that finish line photograph!

5K WALK

[BEST SUITED FOR THOSE WHO WANT TO WALK THE 5K OR THOSE WHO HAVE BEEN INACTIVE FOR FOUR OR MORE MONTHS]

DAY MODE INTENSITY i-RATE SCALE	Monday Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Walk Conversational Pace 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Walk Conversational Pace 6-7	Sunday Rest Day
WEEK 1	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
WEEK 2	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
WEEK 3	25 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
WEEK 4	30 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
WEEK 5	30 minutes	30 minutes	35 minutes	Rest	30 minutes	40 minutes	Rest
WEEK 6	30 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	40 minutes	Rest
WEEK 7	35 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	45 minutes	Rest
WEEK 8	35 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	50 minutes	Rest
WEEK 9	40 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	45 minutes	Rest
WEEK 10	30 minutes	30 minutes	30 minutes	Rest	30 minutes	5K Walk	Rest

5K WALK-RUN

[BEST SUITED FOR THOSE WHO HAVE BEEN WALKING OR EXERCISING
REGULARLY 2-3 TIMES PER WEEK FOR AT LEAST 3-4 MONTHS]

DAY MODE INTENSITY i-RATE SCALE	Monday Walk-Run Moderate 7	Tuesday Cross-Train or Rest Easy 6	Wednesday Walk-Run Moderate 7	Thursday Rest Day	Friday Cross-Train or Rest Easy 6-7	Saturday Walk-Run Moderate 7	Sunday Rest Day
WEEK 1	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
WEEK 2	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
WEEK 3	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
WEEK 4	28 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
WEEK 5	28 minutes Run 1 min/Walk 3 min Repeat 7 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest
WEEK 6	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest
WEEK 7	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest
WEEK 8	35 minutes Run 2 min/Walk 3 min Repeat 7 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
WEEK 9	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
WEEK 10	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	32 minutes Run 2 min/Walk 2 min Repeat 8 times	30 minutes	Rest	5K Race Run/Walk 2/2	Rest

5K RUN-WALK

[BEST SUITED FOR FIRST-TIME 5K AND THOSE WHO RUN OCCASSIONALLY OR RUNNERS WHO WERE INJURED AND GETTING BACK INTO IT]

DAY MODE INTENSITY i-RATE SCALE	Monday Run-Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run-Walk Conversational Pace 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run-Walk Conversational Pace 6-7	Sunday Rest Day
WEEK 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
WEEK 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
WEEK 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
WEEK 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
WEEK 5	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
WEEK 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
WEEK 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
WEEK 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
WEEK 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
WEEK 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run 5/Walk 1 Repeat 5 times	Rest	Rest	5K Race Run/Walk 5/1	Rest

5K RUN

[BEST SUITED FOR THOSE WHO HAVE BEEN RUNNING AT LEAST 2-3 TIMES PER WEEK FOR 20-30 MINUTES FOR AT LEAST 4 MONTHS]

DAY MODE INTENSITY i-RATE SCALE	Monday Run Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run -PickUps* Conversational Pace : 6-7	Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
WEEK 1	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
WEEK 2	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
WEEK 3	25 minutes	30-40 minutes	30 minutes	Rest	30-40 minutes	35 minutes	Rest
WEEK 4	30 minutes	30-40 minutes	30 minutes *Pick Ups	Rest	30-40 minutes	35 minutes	Rest
WEEK 5	30 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
WEEK 6	35 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
WEEK 7	35 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
WEEK 8	40 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
WEEK 9	40 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
WEEK 10	35 minutes	Rest	30 minutes *Pick Ups	Rest	Rest	5K Race	Rest

ADVANCED 5K RUN

[BEST SUITED FOR THOSE WHO HAVE BEEN RUNNING AT LEAST 4 TIMES PER WEEK FOR 40-50 MINUTES FOR AT LEAST 1 YEAR]

DAY MODE INTENSITY i-RATE SCALE	Monday Run Moderate 7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run Hard 8+	Thursday Cross-Train or Rest Moderate 7	Friday Run Conversational Pace 6-7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
WEEK 1	40 minutes	30-45 minutes	45 minutes *Pick-ups	30-45 minutes	40 minutes	45 minutes	Rest
WEEK 2	40 minutes	30-45 minutes	45 minutes *Pick-ups	30-45 minutes	40 minutes	45 minutes	Rest
WEEK 3	40 minutes	30-45 minutes	45 minutes *Pick-ups	30-45 minutes	40 minutes	50 minutes	Rest
WEEK 4	45 minutes	30-45 minutes	45 minutes *Speed A Workout	30-45 minutes	40 minutes	50 minutes	Rest
WEEK 5	45 minutes	30-45 minutes	45 minutes *Speed A Workout	30-45 minutes	40 minutes	45 minutes	Rest
WEEK 6	45 minutes	30-45 minutes	45 minutes *Speed B Workout	30-45 minutes	40 minutes	60 minutes	Rest
WEEK 7	45 minutes	30-45 minutes	45 minutes *Speed B Workout	30-45 minutes	40 minutes	50 minutes	Rest
WEEK 8	45 minutes	30-45 minutes	45 minutes *Speed C Workout	30-45 minutes	40 minutes	60 minutes	Rest
WEEK 9	45 minutes	30-45 minutes	45 minutes *Speed C Workout	30-45 minutes	40 minutes	45 minutes	Rest
WEEK 10	40 minutes	Rest	40 minutes *Speed D Workout	Rest	30 minutes	5K Race	Rest

TRAINING SCHEDULE KEY TERMS

WARM-UP: 5 minutes at an easy pace prior to every workout.

COOL-DOWN: Walking 5 minutes at an easy pace after every workout to gradually bring heart rate and breathing back to normal levels.

FLEXIBILITY: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

HEART RATE: Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-RATE: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

CROSS-TRAINING: Include activities that are non walking. Cycling, swimming, pilates/ yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.

STRENGTH-TRAINING (ST): Strength train with machines, weights, resistance tubes/ bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body.

EASY PACE: Walk at an easy pace at 70-75% of maximum heart rate or an iRate level of 7+.

CONVERSATIONAL PACE: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

MODERATE PACE: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

PICK-UPS: Run the workout at an easy pace and include 3-4 short, 30-60 second “pick-ups” within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.

WALK-RUN WORKOUT: Warm-up by walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minute - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down by walking 5 minutes at an easy pace.

RUN-WALK WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

RUN WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

SPEED “A” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED “B” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 5 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED “C” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 6 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED “D” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the Following 4 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

FOUNDER MOLLY BARKER

BIOGRAPHY

Molly Barker, MSW, is a four-time Hawaii Ironman triathlete and the founder of Girls on the Run®, a non-profit organization with the mission of educating and preparing girls for a life-time of self-respect and healthy living. The innovative, experiential program combines training for a 5k event with life-changing, self-esteem boosting lessons that enhance social, physical and mental health of 8- to 12-year-old girls.

Molly began running at the age of 15 – an age when she found herself stuck in the “girl box,” where only girls that were a certain size with a certain beauty were popular; where girls who wanted to fit in had to mold their bodies and their personalities to fit the requirements of the box.

Molly kept running. During a sunset run in 1993, she found the inspiration that grew into Girls on the Run. In 1996 she developed the earliest version of the 24-lesson curriculum with the help of 13 brave girls. Twenty-six girls came the next season, then 75, and so the program grew. In 2000, Girls on the Run International, a 501(c)3 organization, was born.

Today, there are Girls on the Run programs in over 150 cities across North America, with tens of thousands of girls and women participating.

Molly is an Ashoka Fellow and the recipient of several prestigious national awards including the “Heroes of Running Award” from Runner’s World, the Redbook “Strength and Spirit Award” that recognizes individuals who are building a better future for all of us and the “Woman’s Day Award” from Woman’s Day that salutes individuals who have used their vision and heart to help fix pressing problems.

Molly is also the author of two inspiring books: *Girls Lit From Within* and *Girls on Track: A Parent’s Guide to Inspiring Our Daughters to Achieve a Lifetime of Self-Esteem and Respect*. You can also keep up with Molly on her blog: <http://MollyOnTheRun.blogspot.com/>.

Molly lives in Charlotte, NC, and enjoys writing, running and cycling. She is passionate about her work but is most inspired by her two children.

For more information on Girls on the Run®, visit www.GirlsOnTheRun.org.

COACH JENNY HADFIELD

BIOGRAPHY

Jenny Hadfield writes a monthly column in Health Magazine, Women’s Running Magazine and a weekly blog on RunnersWorld.com. She is the co-author of the best-selling *Marathoning for Mortals*, *Running for Mortals* and *Training for Mortals* book series. She is a nationally recognized speaker and co-owner of Chicago Endurance Sports, Chicago’s largest multi-sport training company.

Jenny began her running career overweight and unable to reach the end of her block (without crying). Her unique approach to living an active and healthy lifestyle draws from her struggles to get started, lose 35 pounds and reach the finish line of a marathon.

She is now an accomplished endurance athlete and has competed in endurance races all over the world including three Eco-Challenge Expedition Races and the Antarctica Marathon.

For more information on Jenny, visit www.JennyHadfield.com.