

# ZGHI Training for

## Week 3

All groups will follow the same route for the 1<sup>st</sup> three miles. Walkers and Novice runners are scheduled for 3 miles. Intermediate and Advance runners are scheduled for 5 miles. We will walk and run a 3 mile loop followed by a 2 mile loop. For Intermediate and Advance runners, the first 3 miles will be at a comfortable pace. The last 2 mile (EZHI to Finish) is at or near 10 K race pace. **Go the distance you feel comfortable going 3 or 5 miles!**

**Name: EZ 3 Mile Loop**

**Distance:** 3.03 miles / 4.88 km

**Attributes:** loop, mostly flat, sidewalks

1. From EZHI Entry turn Right towards Westwood Avenue
2. Turn left on to Westwood Avenue
3. Turn Left on to Brook Road
4. Turn Left on to W. Laburnum Avenue (1 Mile at Gloucester Road)
5. Turn Left on to Hermitage Rd
6. Turn Left on to Brookland Parkway (2 Mile at Gloucester Road)
7. Turn Left on to Loxley Road
8. Turn Left on to Westwood Avenue
9. Turn Right on to Chatham Road
10. Turn Right on to Palmyra Avenue

**11. For 3 miles Turn Right into EZHI Drive way (3.03 Miles)**

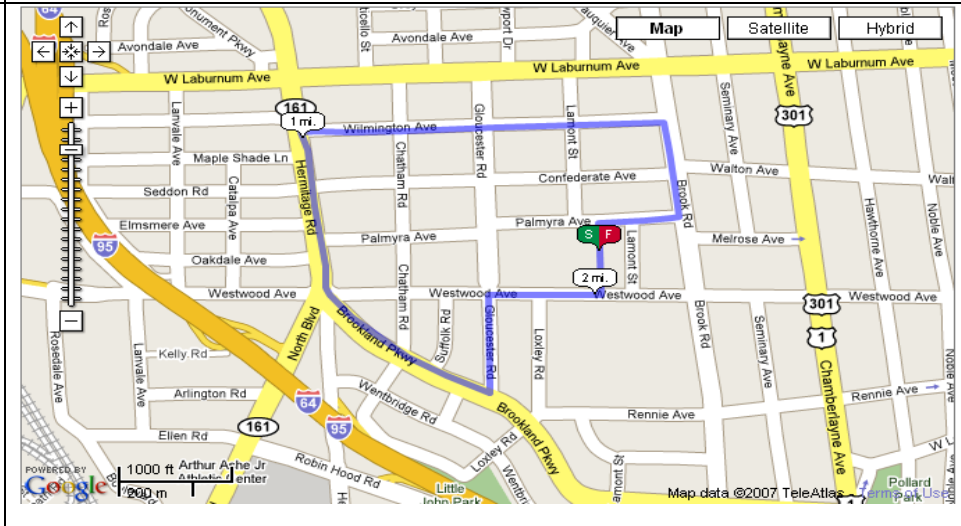
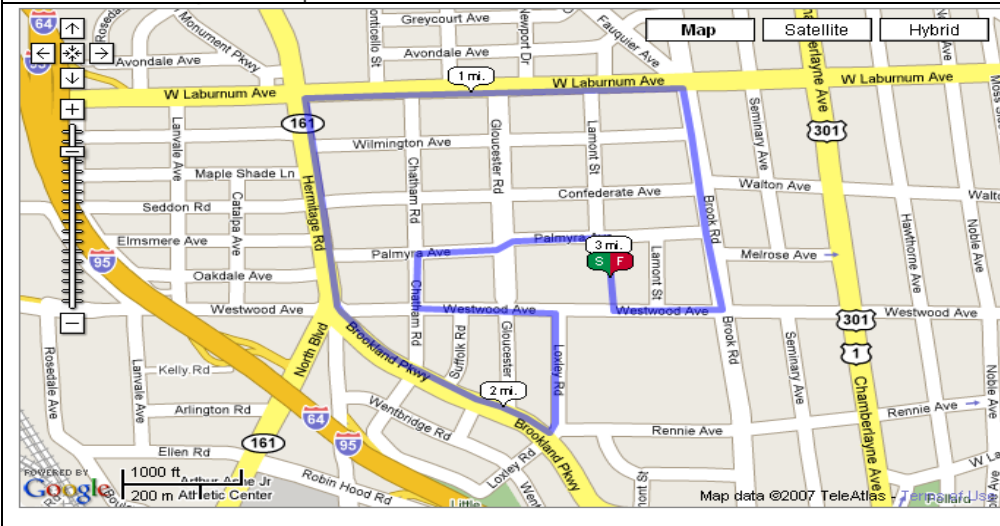
12. Go to EZ 2 Mile loop

**Name: EZ 2 Mile loop**

**Distance:** 2.09 miles / 3.36 km

**Attributes:** loop, all flat, sidewalks

13. Continue on Palmyra Avenue at Race Pace
14. Turn Left on to Brook Road
15. Turn Left on to Wilmington Avenue
16. Turn Left on to Hermitage Rd (4 Miles)
17. Turn Left on to Brookland Parkway
18. Turn Left on to Gloucester Road
19. Turn Right on to Westwood Avenue
20. Turn Left into EZHI Drive way (5.03 miles)



**Runners - Remember to Sign-in and Sign-out**

Questions email them to: [ez-running@comcast.net](mailto:ez-running@comcast.net)