

ZGHI Training for

Week 4

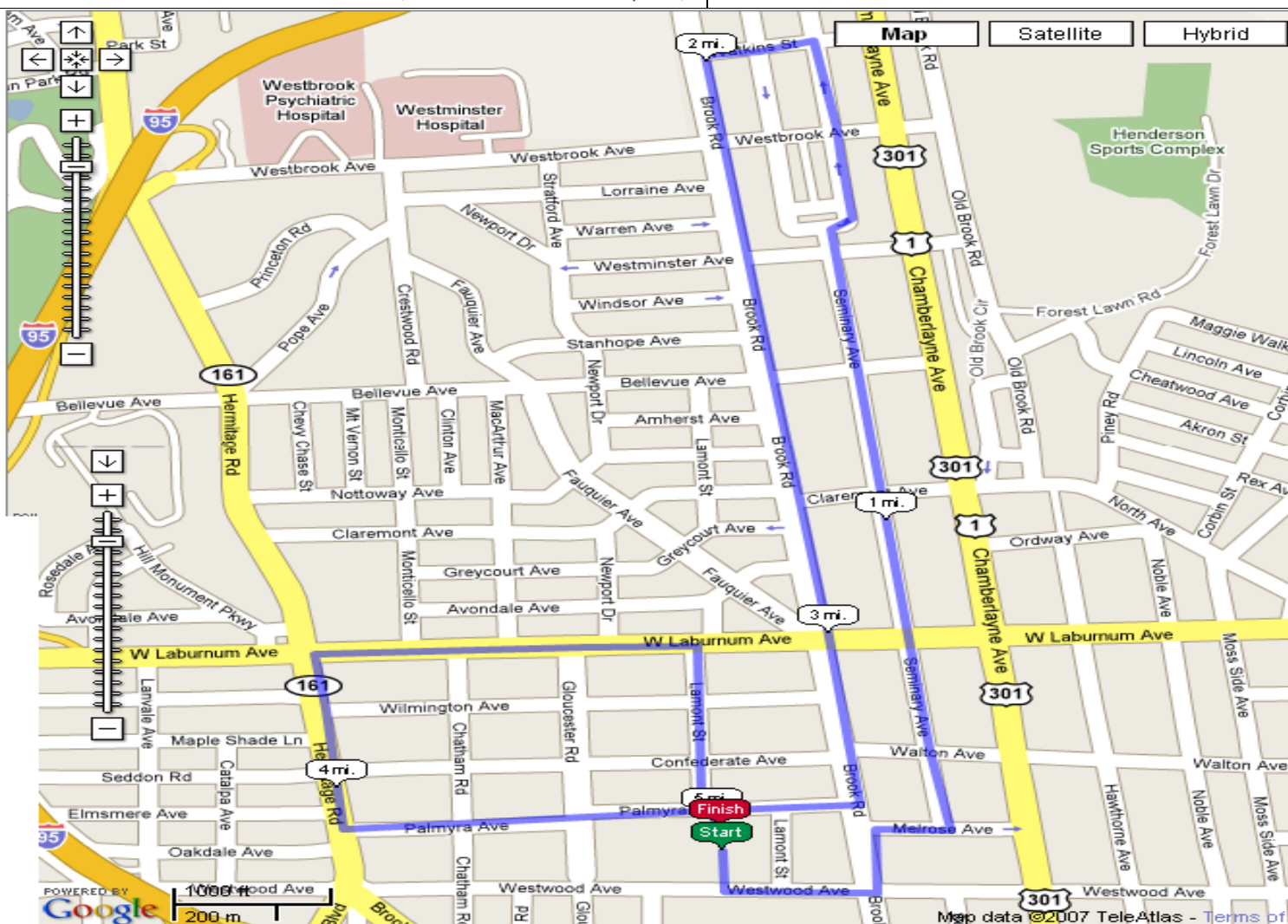
All groups will follow the same route for the 1st 3.5 miles. Walkers and Novice runners are scheduled for 3.5 miles. Intermediate and Advance runners are scheduled for 5 miles. We will walk and run a 3.5 mile loop followed by a 1.5 mile loop. For Intermediate and Advance runners, the first 3 miles will be at a comfortable pace. The last 2 miles (W. Laburnum Avenue to Finish) is at or near 10 K race pace. **Go the distance you feel comfortable going 3.5 or 5 miles!**

Name: **EZ 3.5 to 5 Miles Loop**

Distance: 5.02 miles / 8.08 km

Attributes: loop, mostly flat, sidewalks

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| <ol style="list-style-type: none"> 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 Right on to Melrose Avenue 5. Turn Left on to Seminary Avenue (1 mile Claremont Avenue) 6. At fork in the road bear right on to East Seminary Avenue 7. Turn Left on Watkins Street 8. Turn Left on Brook (2 miles) 9. 3 Miles is W. Laburnum Avenue (I/A - Go to near race pace) | <ol style="list-style-type: none"> 10. Turn Right on to Palmyra Avenue 11. For 3.5 miles Turn Left into EZHI Drive way 12. For 5.0 miles continue on Palmyra Avenue 13. Turn Right on to Hermitage Avenue 14. 4 Miles is Confederate Avenue 15. Turn Right on to W. Laburnum Avenue 16. Turn Right on to Lamont Avenue 17. Turn Left on to Palmyra Avenue 18. For 5 miles Turn Right into EZHI Drive way |
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Runners - Remember to Sign-in and Sign-out

Questions email them to: ez-running@comcast.net