

# ZGHI Training for

## Week 5

All groups will follow the same route for the 1<sup>st</sup> 4 miles. Walkers and Novice runners are scheduled for 4 miles. Intermediate and Advance runners are scheduled for 5 miles. We will walk and run a 4 mile out and back course followed by a 1 mile loop. For Intermediate and Advance runners, the first 2 miles will be at a comfortable pace. **The last 3 miles (Claremont Avenue to Finish) is at or near 10 K race pace. Go the distance you feel comfortable going 4 or 5 miles!**

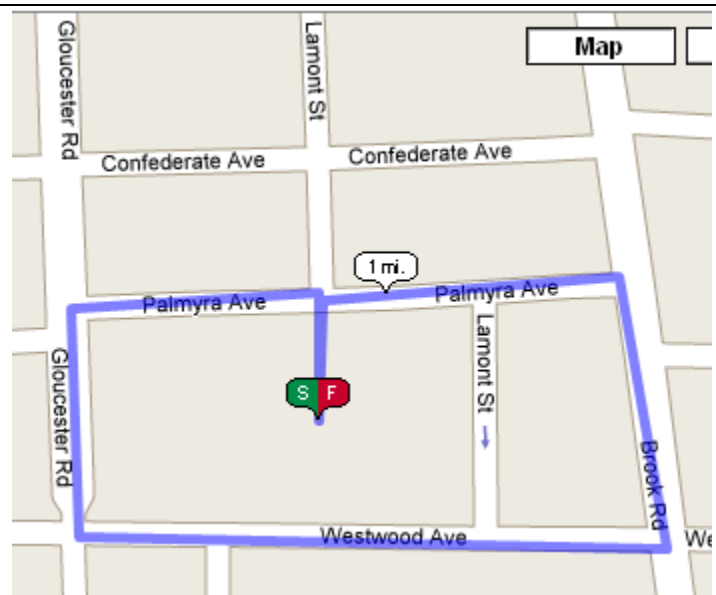
**Name:** EZ 4 to 5 Miles

**Distance:** 4.05 miles / 6.51 km to 5.15 Miles/8.29

**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 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 around at Azalea Avenue (**2 miles** - I/A - Go to near race pace)
8. Continue on East Seminary Avenue
9. Bear Right on to Seminary Avenue
10. **3 Miles** is Claremont Avenue (I/A - Go to near race pace)
11. Turn Right on to Melrose Avenue
12. Turn Left on to Brook Road
13. Turn Right on to Westwood Avenue
14. **Turn Right into EZHI Drive way (4.05 miles / 6.51 km)**

15. **For 5<sup>th</sup> mile continue on EZHI Drive**
16. Turn left on to Palmyra Avenue
17. Turn Left on to Gloucester Road
18. **Turn Left on to Westwood Avenue**
19. **Turn Left on to Brook Road**
20. Turn Left on to Palmyra Avenue
21. **Turn Left into EZHI Drive way (5.15 Miles/8.29 km)**



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

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