

5K RUNNING PLAN FOR ADVANCED RUNNERS

8 Weeks to a Faster 5K

RUNSTREET

	1st Week	2nd Week	3rd Week	4th Week
SUN	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace
MON	10 Mins Jog 1-mile benchmark run 90-100% effort 10 Mins Jog	10 Mins Jog 20 Mins Tempo Run 10 Mins Jog	10 Mins Jog 20 Mins Tempo Run 10 Mins Jog	10 Mins Jog 1-mile benchmark run 90-100% effort 10 Mins Jog
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	35 Mins Base Run	35 Mins Base Run	35 Mins Base Run	35 Mins Base Run
THU	10 Mins Jog 400-Meter Interval 400 Meter Jog Repeat 4X 10 Mins Jog	10 Mins Jog 400-Meter Interval 400 Meter Jog Repeat 4X 10 Mins Jog	10 Mins Jog 400-Meter Interval 400 Meter Jog Repeat 5X 10 Mins Jog	10 Mins Jog 400-Meter Interval 400 Meter Jog Repeat 6X 10 Mins Jog
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace	30 Mins Base Run at Relaxed Pace

Run Time

Saddek Bensalem, Doron A. Peled



Run Time:

Models@run.time Nelly Bencomo, Robert B. France, Betty H.C. Cheng, Uwe Aßmann, 2014-07-05 Traditionally research on model driven engineering MDE has mainly focused on the use of models at the design implementation and verification stages of development This work has produced relatively mature techniques and tools that are currently being used in industry and academia However software models also have the potential to be used at runtime to monitor and verify particular aspects of runtime behavior and to implement self capabilities e g adaptation technologies used in self healing self managing self optimizing systems A key benefit of using models at runtime is that they can provide a richer semantic base for runtime decision making related to runtime system concerns associated with autonomic and adaptive systems This book is one of the outcomes of the Dagstuhl Seminar 11481 on models run time held in November December 2011 discussing foundations techniques mechanisms state of the art research challenges and applications for the use of runtime models The book comprises four research roadmaps written by the original participants of the Dagstuhl Seminar over the course of two years following the seminar and seven research papers from experts in the area The roadmap papers provide insights to key features of the use of runtime models and identify the following research challenges the need for a reference architecture uncertainty tackled by runtime models mechanisms for leveraging runtime models for self adaptive software and the use of models at runtime to address assurance for self adaptive systems

Runtime Verification Koushik Sen, Sarfaz Khurshid, 2012-05-12 This book constitutes the thoroughly refereed post conference proceedings of the Second International Conference on Runtime Verification RV 2011 held in San Francisco USA in September 2011 The 24 revised full papers presented together with 3 invited papers 4 tutorials and 4 tool demonstrations were carefully reviewed and selected from 71 submissions The papers are organized in topical sections on parallelism and deadlocks malware detection temporal constraints and concurrency bugs sampling and specification conformance real time software and hardware systems memory transactions tools foundational techniques and multi valued approaches

Runtime Verification Borzoo Bonakdarpour, Scott A. Smolka, 2014-09-12 This book constitutes the refereed proceedings of the 5th International Conference on Runtime Verification RV 2014 held in Toronto ON Canada in September 2014 The 28 revised full papers presented together with 2 tool papers and 8 short papers were carefully reviewed and selected from 70 submissions The scope of the conference was on following topics monitoring and trace slicing runtime verification of distributed and concurrent systems runtime Verification of real time and embedded systems testing and bug finding and inference and learning

Runtime Verification Saddek Bensalem, Doron A. Peled, 2009-09-29 The RV series of workshops brings together researchers from academia and industry that are interested in runtime verification The goal of the RV workshops is to study the ability to apply lightweight formal verification during the execution of programs This approach complements the online use of formal methods which often use large resources Runtime verification methods and tools include the instrumentation of code with pieces of software that can help to

test and monitor it online and detect and sometimes prevent potential faults RV 2009 was held during June 26 28 in Grenoble adjacent to CAV 2009 The program included 11 accepted papers Two invited talks were given by AmirPnueli on CompositionalApproachtoMonitoringLinearTemporalLogic Properties and Sriram Rajamani on Verification Testing and Statistics The program also included three tutorials We would like to thank the members of the Program Committee and additional referees for the reviewing and participation in the discussions

Runtime Verification Oleg Sokolsky, Serdar Tasiran, 2007-12-12 This book constitutes the thoroughly refereed post proceedings of the 7th International Workshop on Runtime Verification RV 2007 held in Vancouver Canada The meeting was a satellite workshop of AoSD 2007 the International Conference on Aspect Oriented Software Development 16 revised full papers and one invited paper are included which have been selected from 29 initial submissions Subjects covered include several technical fields such as dynamic program analysis

Runtime Verification Shuvendu Lahiri, Giles Reger, 2017-09-04 This book constitutes the refereed proceedings of the 17th International Conference on Runtime Verification RV 2017 held in Seattle WA USA in September 2017 The 18 revised full papers presented together with 3 invited presentations 4 short papers 5 tool papers and 3 tutorials were carefully reviewed and selected from 58 submissions The RV conference is concerned with all aspects of monitoring and analysis of hardware software and more general system executions Runtime verification techniques are lightweight techniques to assess correctness reliability and robustness these techniques are significantly more powerful and versatile than conventional testing and more practical than exhaustive formal verification

Net Common Language Runtime Unleashed Kevin R. Burton, 2002 The NET Framework provides a runtime environment called the Common Language Runtime which manages the execution of code and provides services that make the development of robust software easier The Common Language Runtime CLR provides a solid foundation for developers to build various types of applications Whether a developer is writing an ASP NET application a Windows Forms application a Web Service a mobile code application a distributed application or an application that combines several of these application models the CLR provides huge benefits such as simplified development and the ability to integrate code written in various languages This book is a high end comprehensive reference to the capability of the CLR The samples in the book have been written so that they not only illustrate a principle but give the reader a springboard to quickly translate the sample to practical real world applications After reading this book readers will be able to significantly increase their productivity by comfortably using the power and expressiveness of the Common Language Runtime in their applications This book will take the reader beyond the syntax of C to using and understanding the CLR to build secure maintainable and high performance applications

Runtime Verification Christian Colombo, Martin Leucker, 2018-11-07 This book constitutes the refereed proceedings of the 18th International Conference on Runtime Verification RV 2018 held in Limassol Cyprus in November 2018 The 21 full papers presented together with 3 short papers and 3 tool papers were carefully reviewed and selected from 49 submissions

The RV conference is concerned with all aspects of monitoring and analysis of hardware software and more general system executions Runtime verification techniques are lightweight techniques to assess correctness reliability and robustness these techniques are significantly more powerful and versatile than conventional testing and more practical than exhaustive formal verification Chapter Hardware based Runtime Verification with Embedded Tracing Units and Stream Processing is available open access under a Creative Commons Attribution 4 0 International License via link springer.com **Runtime**

Verification Ezio Bartocci,Rupak Majumdar,2015-09-19 This book constitutes the refereed proceedings of the 6th International Conference on Runtime Verification RV 2015 held in Vienna Austria in September 2015 The 15 revised full papers presented together with 4 short papers 2 tool papers 4 tutorials 3 invited talks and 2 software competition papers were carefully reviewed and selected from 45 submissions The discussion of the conference centers around two main aspects The first is to understand whether the runtime verification techniques can practically complement the traditional methods proving programs correct before their execution such as model checking and theorem proving The second concerns with formal methods and how their application can improve traditional ad hoc monitoring techniques used in performance monitoring hardware design emulation and simulation etc **Runtime Verification** Howard Barringer,Ylies Falcone,Bernd Finkbeiner,Klaus Havelund,Insup Lee,Gordon Pace,Grigore Rosu,Oleg Sokolsky,Nikolai Tillmann,2010-10-19 This book constitutes the thoroughly refereed conference proceedings of the First International Conference on Runtime Verification RV 2010 held in St Julians Malta in November 2010 The 23 revised full papers presented together with 6 invited papers 6 tutorials and 4 tool demonstrations were carefully reviewed and selected from 74 submissions The papers address a wide range of topics such as runtime monitoring analysis and verification statically and dynamical runtime simulations together with applications in malware analysis and failure recovery as well as execution tracing in embedded systems

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