

5K TRAINING PLAN



8 weeks - Goal of breaking 30:00 (9:39/mi) in the 5K

Warmup & Cooldown miles should be done at Easy Pace (11:10-12:14/mi)

Strides = No pace goal, not an all out sprint. Focus on proper form, mechanics + turnover. Can be done mid run or post run.

Cross Training = cycling, elliptical, swimming, walking. Effort should be the same as an easy run.

PACES:

Easy = 11:10-12:14/mi, Marathon = 10:37/mi, Half Marathon = 10:20/mi, 15K = 10:07/mi, 10K = 9:51/mi, 5K = 9:29/mi, 3K = 9:15/mi

(these paces are set for a 29:30 5K to provide a 30 second buffer for breaking 30:00)

Week #

Weekly
Mileage

| | <i>monday</i> | <i>tuesday</i> | <i>wednesday</i> | <i>thursday</i> | <i>friday</i> | <i>saturday</i> | <i>sunday</i> | |
|---|---|--|---|---|--|--|-----------------|--------------------------|
| 1 | SPEED WORKOUT 1 mi warmup 4 sets: Work = 400m @ 9:29/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 3 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup 2 sets: Work = 6 min @ 10:20/mi Recovery = 3 min jog 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 5 miles @ 11:10-12:14/mi | REST DAY | 15.1 miles |
| 2 | SPEED WORKOUT 1 mi warmup 6 sets: Work = 400m @ 9:29/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 4 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup 2 sets: Work = 8 min @ 10:20/mi Recovery = 4 min jog 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 5 miles @ 11:10-12:14/mi | REST DAY | 17.3 miles |
| 3 | SPEED WORKOUT 1 mi warmup 8 sets: Work = 400m @ 9:29/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 4 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup 2 sets: Work = 10 min @ 10:20/mi Recovery = 5 min jog 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 6 miles @ 11:10-12:14/mi | REST DAY | 19.5 miles |
| 4 | SPEED WORKOUT 1 mi warmup 8 sets: Work = 200m @ 9:15/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 3 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup Work = 15 mins @ 10:20/mi 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 5 miles @ 11:10-12:14/mi | REST DAY | 15.6 miles *down week |
| 5 | SPEED WORKOUT 1 mi warmup 4 sets: Work = 800m @ 9:29/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 4 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup 3 sets: Work = 5 min @ 10:07/mi Recovery = 2:30 min jog 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 6 miles @ 11:10-12:14/mi | REST DAY | 18.8 miles |

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Week #

6

7

8

| | <i>monday</i> | <i>tuesday</i> | <i>wednesday</i> | <i>thursday</i> | <i>friday</i> | <i>saturday</i> | <i>sunday</i> | Weekly Mileage |
|--|---|--|---|---|--|--|-----------------|---------------------------|
| | SPEED WORKOUT 1 mi warmup 6 sets: Work = 800m @ 9:29/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 4 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup 3 sets: Work = 7 min @ 10:07/mi Recovery = 3:30 min jog 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 7 miles @ 11:10-12:14/mi | REST DAY | 21.8 miles *peak week |
| | SPEED WORKOUT 1 mi warmup 2 sets: Work = 200m @ 9:15/mi Recovery = 90 sec walk 4 sets: Work = 400m @ 9:29/mi Recovery = 2 min walk 2 sets: Work = 200m @ 9:15/mi Recovery = 90 sec walk 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 3 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | TEMPO 1 mi warmup Work = 12 min @ 10:07/mi 1 mi cooldown | CROSS TRAIN/ REST DAY 30 min cross train | EASY RUN 5 miles @ 11:10-12:14/mi | REST DAY | 15.7 miles *taper |
| | SPEED WORKOUT 1 mi warmup 5 sets: Work = 200m @ 9:15/mi Recovery = 2 min walk 1 mi cooldown | CROSS TRAIN/ REST DAY 20 min cross train | EASY RUN 3 miles @ 11:10-12:14/mi | EASY RUN 2 miles @ 11:10-12:14/mi + 5x20sec Strides w/ 1 min walk rest | REST DAY | RACE DAY! 1 mi warmup 5K race (3.1 miles) | REST DAY | 12.6 miles |