

# 5k Intermediate/Advanced Plan

Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	2	4 x 200	rest or easy run	25 min Tempo	rest	2	40 min long run
2	3	4 x 400	rest or easy run	30 min Tempo	rest	3	50 min long run
3	4	6 x 400	rest or easy run	30 min Tempo	rest	3	60 min long run
4	3	8 x 200	rest or easy run	35 min Tempo	rest	4	50 min long run
5	3	7 x 400	rest or easy run	35 min Tempo	rest	4	1:10 long run
6	rest	3 x 800 4 x 200	rest or easy run	40 min Tempo	rest	3	1:20 long run
7	rest	8 x 400	rest or easy run	40 min Tempo	rest	4	60 min long run
8	4	4 x 800	rest or easy run	40 min Tempo	rest	3	1:30 long run
9	rest	3 x 1200	rest or easy run	30 min Tempo	rest	2	60 min long run
10	2	6 x 200	30 min Tempo	rest or easy run	Rest	<b>Race Day!</b>	Rest

\* See next page for important information

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## Training Paces/Definitions

**Intervals/Repeats.** Interval training is one of the most important components of 5k training. Intervals from 200 to 1200 meters will be the cornerstone of your interval training. Run these repetitions somewhat faster than your 5k race pace. Jog or walk 200-400 meters between each repeat.

**Pace Training.** Proper pacing is one of the most important aspects running a half-marathon (much more crucial than in 5ks or 10ks). Going out too fast in a half marathon is a sure fire way to bonk at mile 8, 9 or 10. Practice your "race pace" training on Saturdays before your long run.

**Tempo Runs.** Tempo runs are one of the best ways to train your body to maintain a faster pace over a longer period of time. Tempo Runs for 5k training should build to similar to your 10k race pace. Typically this will be 85-90% of your max heart rate. The structure of your tempo run should consist of a warmup and gradual build to your "tempo pace". You should hold that pace for between 15-30 minutes then cool down for 5-10 minutes. The pace build-up should be gradual, not sudden, with peak speed coming about two-thirds into the workout. For example, a 50 minute tempo run might consist of 5 minute warm up, 10 minute build to tempo pace, 25 minutes tempo run a half marathon race pace (or slightly faster), 10 minute cool down.

**Long Run.** Long runs will boost your endurance both physically and mentally. Doing long runs will make your normal runs seem easier. Long running is also great for losing weight. Run at your normal training pace or even a little slower. Your long run training goal is distance, not speed.

## Important Notes

**Warm up.** Begin each workout with a 3-5 minutes of easy paced walk to loosen muscles and gradually increase heart rate

**Cooldown.** End each workout with 5 minutes of easy walking to gradually lower your heart rate.

**Stretch.** Try and stretch after each workout to improve your flexibility and prevent injuries

**Heart rate.** Train and maintain your heart rate in a range of 60%-80% of your estimated maximum heart rate

**Consult a physician** before beginning an exercise program

**Stop** exercising if you feel light headed, dizzy or have continued pain.