



## "Run" 5K Training Program

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Rest or XT	Run	Run	Run	Rest or XT	Endurance Run	Run
INTENSITY	Very Easy	Moderate	Challenging	Easy	Very Easy	Conversational Pace	Very Easy
HEART RATE	55 -65%	65-75%	75%-80%	60-70%	55 -65%	60-75%	55 -70%
RPE	5 to 7	7 to 8	7 to 9	6 to 7	5 to 7	6 to 7	5 to 7
<i>The "Run" Program is best suited for those who have been running at least 3 times per week for 6 months or more. If you are running less, consider the "Run/Walk" program.</i>							
<b>WEEK 1</b>							
January 18 - 24	Rest or XT	25 minutes	25 minutes	25 minutes	Rest or XT	25 minutes	20 minutes
<b>WEEK 2</b>							
January 25 - 31	Rest or XT	25 minutes	25 minutes	25 minutes	Rest or XT	25 minutes	20 minutes
<b>WEEK 3</b>							
February 1 - 7	Rest or XT	25 minutes	25 minutes	25 minutes	Rest or XT	25 minutes	25 minutes
<b>WEEK 4</b>							
February 8 - 14	Rest or XT	30 minutes	30 minutes	30 minutes	Rest or XT	30 minutes	25 minutes
<b>WEEK 5</b>							
February 15 - 21	Rest or XT	30 minutes	30 minutes	30 minutes	Rest or XT	30 minutes	30 minutes
<b>WEEK 6</b>							
February 22 - 28	Rest or XT	30 minutes	30 minutes	30 minutes	Rest or XT	30 minutes	30 minutes
<b>WEEK 7</b>							
March 1 - 7	Rest or XT	35 minutes	35 minutes	35 minutes	Rest or XT	40 minutes	30 minutes
<b>WEEK 8</b>							
March 8 - 14	Rest or XT	35 minutes	40 minutes	35 minutes	Rest or XT	40 minutes	30 minutes
<b>WEEK 9</b>							
March 15 - 21	Rest or XT	35 minutes	40 minutes	35 minutes	Rest or XT	45 minutes	30 minutes
<b>WEEK 10</b>							
March 22 - 28	Rest or XT	35 minutes	Tempo 10 min E, 2 x 6-8 min T, 2 min E, 10 min E	35 minutes	Rest or XT	45 minutes	30 minutes
<b>WEEK 11</b>							
March 29 - April 4	Rest or XT	40 minutes	45 minutes	40 minutes	Rest or XT	50 minutes	30 minutes
<b>WEEK 12</b>							
April 5 - 11	Rest or XT	40 minutes	Tempo 10 min E, 2 x 6-8 min T, 2 min E, 10 min E	40 minutes	Rest or XT	50 minutes	30 minutes
<b>WEEK 13</b>							
April 12 - 18	Rest or XT	40 minutes	Tempo 10 min E, 2 x 10-12 min T, 3 min E, 10 min E	40 minutes	Rest or XT	50 minutes	30 minutes
<b>WEEK 14</b>							
April 19 - 25	Rest or XT	45 minutes	45 minutes	45 minutes	Rest or XT	60 minutes	30 minutes
<b>WEEK 15</b>							
April 26 - May 2	Rest or XT	45 minutes	Tempo 10 min E, 2 x 10-12 min T, 3 min E, 10 min E	45 minutes	Rest or XT	60 minutes	30 minutes
<b>WEEK 16</b>							
May 3 - May 9	Rest or XT	45 minutes	40 minutes	Rest	Rest	 <b>Race Day!</b>	Rest
<b>Recovery May 10 - 16</b>	30 minutes	Rest	30 minutes	30 minutes	Rest or XT	3 miles	30 minutes
<b>Recovery May 17 - 23</b>	Rest or XT	30 minutes	30 minutes	30 minutes	Rest or XT	4 miles	30 minutes
<b>Recovery May 24 - 30</b>	Rest or XT	30 minutes	30 minutes	40 minutes	Rest or XT	5 miles	30 minutes
<b>SCHEDULE KEY</b>							
<b>Warm-up:</b> 5-10 minutes at an easy pace prior to every workout. <b>Cool-down:</b> 5 minutes at an easy pace after every workout. <b>Stretch:</b> After every workout while muscles are still warm to maintain or improve flexibility and prevent injuries. <b>Heart Rate:</b> Using a heart rate monitor, maintain a range between the prescribed percentage of estimated maximum heart rate. <b>RPE:</b> Rating of Perceived Exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10 being an all out level. Use this system to stay in the range listed on the training program (i.e. 6-7). <b>Cross-Training:</b> Include activities that are non-running. Cycling, swimming, pilates/yoga, and spinning are great cross training modes. Cross-training allows you to rest your walking muscles while training opposing muscle groups and reducing the risk of injury. <b>Rest or XT:</b> This can be either a rest day or a cross-training day. <b>Take at least one rest day per week to avoid overtraining injuries and burnout.</b> <b>Easy Run:</b> Run at an easy pace at 60-75% of maximum heart rate or an RPE level of 6-7. <b>Tempo Workout:</b> Tempo Pace: 80-85% heart rate about 8 on RPE, comfortably hard. Intervals with rest/recovery in between. Can be easy run or walk if necessary. <b>Endurance Run:</b> The Endurance Run should be at a slow and comfortable pace. You should be at a pace to hold a conversation easily. <b>Have a Training Question?</b> Email Mini Marathon Online Coach <b>Kim Modglin</b> at <a href="mailto:AskTheCoach@500festival.com">AskTheCoach@500festival.com</a> Training schedules developed by Coach Kim Modglin, RCEP, Exercise Physiologist at St. Francis Hospital and Health Centers							