



Runners who want to get faster

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------------|------------|-------------------|--------------|------------|---------------------|----------------------|------|
| Week 1 | 30 min run | 30 min run | Rest or walk | 30 min run | Rest or cross train | 40 min run | Rest |
| Week 2 | 30 min run | 30 min run | Rest or walk | 30 min run | Rest or cross train | 50 min run | Rest |
| Week 3 | 30 min run | 4x 400 intervals | Rest or walk | 30 min run | Rest or cross train | 50 min run | Rest |
| Week 4 | 30 min run | 4x 800 intervals | Rest or walk | 40 min run | Rest or cross train | 60 min run | Rest |
| Week 5 | 30 min run | 6 x 400 intervals | Rest or walk | 40 min run | Rest or cross train | 70 min run | Rest |
| Week 6 | 30 min run | 5 x 800 intervals | Rest or walk | 50 min run | Rest or cross train | 5K run or 75 minutes | Rest |
| Week 7 | 30 min run | 30 min pace run | Rest or walk | 50 min run | Rest or cross train | 80 min run | Rest |
| Week 8 | 30 min run | 30 min pace run | Rest or walk | 40 min run | Rest or cross train | 60 min run | Rest |
| Week 9 | 30 min run | 20 min pace run | Rest or walk | 20 min run | Rest | Race Day! | Rest |



I have fought the good fight,
I have finished the race,
I have kept the faith.

2 Timothy 4:7



Each running workout begins with a warm up and end with a cool down.

Warm up and cool down should be between ½ mile and 1 mile

Weekend long runs are done a steady, sustainable and conversational pace. Weekend long runs are intended to build your endurance by teaching your body to go longer and use its fuel efficiently. These runs should be steady at 75-80% of your maximum heart rate or perceived effort.

Tempo Runs: This is a continuous run with an easy beginning, a build-up in the middle to near 10-K race pace (or slightly slower than your pace in a 5-K), then ease back and slow down toward the end. A typical Tempo Run would begin with 5-10 minutes easy running, build to 10-15 minutes at 10-K pace, then 5-10 minutes cooling down. You can't figure out your pace on a watch doing this workout; you need to listen to your body. Tempo Runs are very useful for developing anaerobic threshold, essential for fast 5-K racing.

Intervals: To improve your speed, train at a pace somewhat faster than your race pace for the 5-K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters. A second variation is to run 800 meter repeats at 5K pace with 400 jogging between. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few pick ups of 100 meters. Cool down afterwards with a short jog.

Every work out should be followed by a cool down followed by light stretching preferably with a foam roller.