

RUN/WALK 5K TRAINING PLAN



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|-------------------------------|---------------------|-------------------------|-----------|--------|-------------------------|-------------------------|
| WEEK 1 | 3 miles with 1 Race Rehearsal | Rest or Cross-Train | 4-6x400-meter repeats | Easy Walk | Rest | 5-7 miles* | 3 miles with Magic Mile |
| WEEK 2 | 3 miles with 1 Race Rehearsal | Rest or Cross-Train | 6-8x400-meter repeats | Easy Walk | Rest | 6-8 miles | Rest or Cross-Train |
| WEEK 3 | 3 miles with 1 Race Rehearsal | Rest or Cross-Train | 8-10x400-meter repeats | Easy Walk | Rest | 5 miles with Magic Mile | Rest or Cross-Train |
| WEEK 4 | 3 miles with 1 Race Rehearsal | Rest or Cross-Train | 10-12x400-meter repeats | Easy Walk | Rest | 8-10 miles | Rest or Cross-Train |
| WEEK 5 | 3 miles with 1 Race Rehearsal | Rest or Cross-Train | 12-14x400-meter repeats | Easy Walk | Rest | 5 miles with Magic Mile | Rest or Cross-Train |
| WEEK 6 | 3 miles with 1 Race Rehearsal | Rest or Cross-Train | 30-45 min run/walk | Easy Walk | Rest | RACE DAY! | Rest or Cross-Train |

THE WORKOUTS

► Race Rehearsal

Here's how to do it:

1. Warm up with an easy mile.
2. Run the race rehearsal miles at race pace.
3. Cool down with another easy mile.

► Cross-Train

Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training. You can also swim, bike, row, or use the elliptical.

► Easy Walk

This is a relaxed walk for 20 to 45 minutes.

► Wednesday Speed Work

Here's how to do it:

1. Warm up with an easy mile.
2. Then run 400 meters (0.25 mile) at a pace 30 seconds per mile faster than race pace.
3. Walk for 2 to 3 minutes to recover.
4. Then repeat the number of times indicated.
5. Cool down with another easy mile.

► Magic Mile

Here's how to do it:

1. Warm up with a slow 1-mile run.
2. Do a few acceleration gliders: Start at walking pace, gradually accelerate to long-run pace, then to half-marathon pace, and then to 5K run race pace. From there, gradually work back down to a walking pace. Aim for a smooth transition.
3. Keep running, pacing yourself as evenly as possible.
4. Run about as hard as you can for one mile. You should finish feeling that you couldn't have run more than a football field at the same pace, but you shouldn't be so tired that you can't finish your run.
5. After the one-mile time trial, walk for 5 minutes, and jog a slow 1 to 6 miles, as needed for the mileage for that day.

To find your 5K race pace, add 33 seconds to your Magic Mile time.

► *Note

If your previous long run was shorter than 5 miles, walk the difference between that run and this run.

For example, if your previous long run was 3 miles, walk 2 miles today then run/walk another 3 to reach the minimum 5 mile goal for today.

Adjust your run/walk interval to your pace per mile. If you need a place to start, use this chart:

PREDICTED RACE PACE

| PACE | RUN | WALK |
|-------------|--------|--------|
| 18 min mile | 5 sec | 30 sec |
| 17 min mile | 10 sec | 30 sec |
| 16 min mile | 10 sec | 30 sec |
| 15 min mile | 15 sec | 30 sec |
| 14 min mile | 30 sec | 30 sec |
| 13 min mile | 30 sec | 30 sec |
| 12 min mile | 60 sec | 30 sec |
| 11 min mile | 60 sec | 30 sec |
| 10 min mile | 90 sec | 30 sec |
| 9 min mile | 2 min | 30 sec |
| 8 min mile | 4 min | 30 sec |
| 7 min mile | 6 min | 30 sec |