



# Intermediate 5K (8 weeks)

## HELPFUL GUIDE ON HOW TO COMPLETE YOUR FIRST 5K

Ever want to run a 5k? Here is your chance. No matter where you are with your fitness, you can build up your endurance. Make sure you are in good health before attempting this training program. The training program below has been created to help you achieve your goal



**Running Shoes**

A decent pair of running shoes is highly recommended.

**Water Bottle**

Hydration is VERY IMPORTANT since we live in Florida. Running with a sport bottle help keep you hydrated.

**Tracking App or watch**

Technology has made training simple. Your watch or phone can tell you when it is time to run or walk.

**Stretch**

Stretching before and after running helps loosen up the muscles and helps prevent soreness as you increase your distance.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 Mile run	5x400 Interval	3 Mile run	Rest	3 Mile run	5 Mile run
2	Rest	3 Mile run	30 min tempo	3 Mile run	Rest	3 Mile run Fast	5 Mile run
3	Rest	3 Mile run	6x400 Interval	3 Mile run	Rest	4 Mile run	5 Mile run
4	Rest	3 Mile run	35 min tempo	3 Mile run	Rest	Rest	5K Test Race
5	Rest	3 Mile run	7x400 Interval	3 Mile run	Rest	4 Mile run Fast	6 Mile run
6	Rest	3 Mile run	40 min tempo	3 Mile run	Rest	5 Mile run	7 Mile run
7	Rest	3 Mile run	8x400 Interval	3 Mile run	Rest	5 Mile run Fast	7Mile run
8	Rest	3 Mile run	30 min tempo	3 Mile run	Rest	Rest	5K Race

# Helpful Hints

**Juggling:** Don't be afraid to juggle the workouts from day to day and week to week. If you have an important business meeting on Thursday, do that workout on Wednesday instead. If your family is going to be on vacation one week when you will have more or less time to train, adjust the schedule accordingly. If this means running hard on successive days, so be it. Program in an extra day of rest to compensate. Be consistent with your training, and the overall details won't matter.

**Rest:** Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest.

**Fast:** For several of the Saturday runs, I suggest that you run "fast." How fast is "fast?" Again, that depends on your comfort level. Go somewhat faster than you would on a "run" day. If you are doing this workout right, you probably do not want to converse with your training partner, assuming you have one. It's okay now to get out of breath.

**Long Runs:** Once a week, go for a long run. Run 5 to 7 miles at a comfortable pace, not worrying about speed or distance. You should be able to carry on a conversation while you run; if not, you're going too fast. Don't be afraid to stop to walk or stop to drink. This should be an enjoyable workout, not one during which you punish yourself.

**Interval Training:** To improve speed, you sometimes need to train at a pace faster than your race pace for the 5K, 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. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 meters. Cool down afterwards with a short jog.

**Tempo Runs:** This is a continuous run with an easy beginning, a buildup in the middle to near 10K race pace, then ease back and cruise to the finish. A typical tempo run would begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 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 your anaerobic threshold, essential for fast 5K racing.

**Stretch & Strengthen:** An important addendum to any training program is stretching. Don't overlook it—particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a gym. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. Tuesdays and Thursdays would be good days to combine stretching and strengthening with your easy run, however, you can schedule these workouts on any day that is convenient for your business and personal schedule.