

No Meat Athlete
**5K Roadmap
Training Plans**



No Meat Athlete

5K Roadmap

The Vegetarian Guide to Conquering Your First 5K

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Foreword by Robert Cheeke

No Meat Athlete 5K Roadmap: The Plant-Based Guide to Becoming a Runner and Loving It

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Introduction

These plans were designed with the help of Jason Fitzgerald, a USA Track & Field certified coach and author of the blog [Strength Running](#).

More details about the plans, including recommendations about how to progress from one to another, can be found in Section 2 of the main guide.

5K Beginner Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1	Rest	1 mile: Run 1 minute, Walk 1 minute	Cross-train	1 mile: Run 1 minute, Walk 1 minute	Rest	1 mile: Run 2 minutes, Walk 1 minute	Rest	3
Week 2	Rest	1 mile: Run 1 minute, Walk 1 minute	Cross-train	1 mile: Run 1 minute, Walk 1 minute	Rest	1 mile: Run 2 minutes, Walk 1 minute	Rest	3
Week 3	Rest	1 mile: Run 3 minutes, Walk 30 seconds	Cross-train	1 mile: Run 1 minute, Walk 1 minute	Rest	2 miles: Run 3 minutes, Walk 30 seconds	Rest	4
Week 4	Rest	2 miles: Run 3 minutes, Walk 30 seconds	Cross-train	1.5 miles: Run 1 minute, Walk 1 minute	Rest	2 miles: Run 4 minutes, Walk 1 minute	Rest	5.5
Week 5	Rest	2 miles: Run 4 minutes, Walk 30 seconds	Cross-train	1.5 miles: Run 2 minutes, Walk 1 minute	Rest	2 miles: Run 6 minutes, Walk 1 minute	Rest	5.5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 6	1 mile: Run 6 minutes, Walk 30 seconds	2 miles: Run 5 minutes, Walk 30 seconds	Cross-train	2 miles: Run 2 minutes, Walk 1 minute	Rest	2.5 miles: Run 6 minutes, Walk 30 seconds	Rest	7.5
Week 7	1 mile: Run 8 minutes, Walk 30 seconds	2.5 miles: Run 6 minutes, Walk 30 seconds	Cross-train	2 miles: Run 2 minutes, Walk 1 minute	Rest	2.5 miles: Run 8 minutes, Walk 30 seconds	Rest	8
Week 8	1 mile: Run entire distance	2.5 miles: Run 8 minutes, Walk 30 seconds	Cross-train	2 miles: Run 3 minutes, Walk 1 minute	Rest	3 miles: Run 10 minutes, Walk 30 seconds	Rest	9
Week 9	Rest	2.5 miles: Run 10 minutes, Walk 30 seconds	Cross-train	2.5 miles: Run 2 minutes, Walk 30 seconds	Rest	3 miles: Run 10 minutes, Walk 30 seconds	Rest	8
Week 10	Rest	2 miles: Run 10 minutes, Walk 1 minute	Rest	1 mile: Run entire distance	Rest	5k Race!	Rest	6

5K Beginner Plan Notes

- ◆ Alternate running and walking for the indicated durations until you complete the distance specified in each workout. Use the stopwatch function on your watch so that you know when it's time to switch between the two. (For example, the first workout says “1 mile: Run 1 min., Walk 1 min.” This means to begin your workout by running for a minute, then walk for a minute, then run for a minute, then walk for a minute, until you have covered a total of 1 mile.)
- ◆ All running in the Beginner plan should be at Easy pace. Easy workouts and cross-training and foam-rolling are described below, in the Workout Descriptions section.
- ◆ Walking should be brisk but comfortable, a distinctly slower pace than your Easy running pace, so that you can recover in time to run again.
- ◆ In this plan, we assume that your goal is to run your 5K. Although you'll get up to 3 miles at a time as early as Week 8 in this plan, note that these early 3-milers involve intervals of walking and are therefore easier than your eventual 5K race will be. So don't be intimidated when you see “3 miles” on the schedule!

- ◆ This plan is flexible! The actual days of the week are not important; you can shift the schedule around as needed. But keep a day of recovery (or active recovery, in the form of cross-training) between any two runs.

5K Advanced Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1	Rest	3 miles: 6x30" Fartlek @ goal 5k pace + 20", 2' easy job in between	Cross-train	3 miles	Rest	5 miles	Rest	11
Week 2	Rest	4 miles: 5x1' Fartlek @ goal 5k pace + 20", 2' easy job in between	Cross-train	3 miles + 4 strides	Rest	5 miles	Rest	12
Week 3	Rest	4 miles: 8x1' Fartlek @ goal 5k pace + 20", 2' easy job in between	Cross-train	4 miles + 4 strides	Rest	6 miles	Rest	14
Week 4	Rest	5 miles: 8x1' Fartlek @ goal 5k pace, 2' easy job in between	Cross-train	4 miles + 6 strides	Rest	6 miles	Rest	15
Week 5	Rest	5 miles: 10x1' Fartlek @ goal 5k pace, 2' easy job in between	Cross-train	4 miles + 6 strides	Rest	7 miles	Rest	16

Week 6	3 miles + 4 strides	5 miles: 10x1' Fartlek @ goal 5k pace, 90" easy job in between	Cross-train	5 miles + 6 strides	Rest	7 miles	Rest	20
Week 7	3 miles + 6 strides	6 miles: 10x75" Fartlek @ goal 5k pace, 90" easy job in between	Cross-train	5 miles + 6 strides	Rest	7 miles	Rest	21
Week 8	3 miles + 6 strides	6 miles: 10x90" Fartlek @ goal 5k pace, 90" easy job in between	Cross-train	5 miles + 6 strides	Rest	8 miles	Rest	22
Week 9	Rest	5 miles: 6x2' Fartlek @ goal 5k pace, 90" easy job in between	Cross-train	4 miles + 6 strides	Rest	5 miles	Rest	14
Week 10	Rest	4 miles: 6x1' Fartlek @ goal 5k pace, 90" easy job in between	Rest	3 miles + 6 strides	Rest	5-10' easy running + 4 strides 5k Race! 5-10' easy running	Rest	11
	LEGEND							
	* Minutes is represented by the ' symbol							
	* Seconds is represented by the " symbol							
	* To get your '5k Goal Pace + 20"' simply add 20 seconds per mile to your 5k goal pace to make it slower							

5K Advanced Plan Notes

- ◆ Except for specified fartlek workouts and strides (both described in the Workout Descriptions section below), all mileage in these plans should be at Easy pace (also described in the Workouts section). Cross-training and foam-rolling are described in the Workouts section as well.
- ◆ A single apostrophe (') signifies minutes, a double apostrophe (") signifies seconds, and times (x) signifies “repeats of.” See the workout section for a specific example of what a fartlek workout (the only ones here which use this notation) looks like.
- ◆ To determine
- ◆ This plan is flexible! The actual days of the week are not important; you can shift the schedule around as needed. But keep a day of recovery (or active recovery, in the form of cross-training) between any two runs.

10K Beginner Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1	Rest	3 miles: 6x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	2 miles	Rest	4 miles	Rest	9
Week 2	Rest	3 miles: 8x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	3 miles	Rest	4 miles	Rest	10
Week 3	Rest	4 miles: 8x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	3 miles	Rest	5 miles	Rest	12
Week 4	Rest	4 miles: 8x90" Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	4 miles	Rest	5 miles	Rest	13
Week 5	Rest	3 miles: 8x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	2 miles	Rest	5 miles	Rest	10

Week 6	2 miles	5 miles: 8x1' Fartlek @ goal 10k pace, 2' easy job in between	Cross-train	4 miles	Rest	6 miles	Rest	17
Week 7	2 miles	5 miles: 8x1' Fartlek @ goal 10k pace, 2' easy job in between	Cross-train	5 miles	Rest	6 miles	Rest	18
Week 8	3 miles	5 miles: 8x90" Fartlek @ goal 10k pace, 2' easy job in between	Cross-train	5 miles	Rest	7 miles	Rest	20
Week 9	Rest	4 miles: 8x90" Fartlek @ goal 10k pace, 2' easy job in between	Cross-train	4 miles	Rest	5 miles	Rest	13
Week 10	Rest	4 miles: 6x1' Fartlek @ goal 10k pace, 2' easy job in between	Rest	3 miles	Rest	(optional: 5-10' easy running) 10k Race! 5-10' easy running	Rest	14
LEGEND								
* Minutes is represented by the ' symbol								
* Seconds is represented by the " symbol								

10K Beginner Plan Notes

- ◆ Except for specified fartlek workouts and strides (both described in the Workout Descriptions section below), all mileage in these plans should be at Easy pace (also described in the Workouts section). Cross-training and foam-rolling are described in the Workouts section as well.
- ◆ A single apostrophe (') signifies minutes, a double apostrophe (") signifies seconds, and times (x) signifies “repeats of.” See the workout section for a specific example of what a fartlek workout (the only ones here which use this notation) looks like.
- ◆ This plan is flexible! The actual days of the week are not important; you can shift the schedule around as needed. But keep a day of recovery (or active recovery, in the form of cross-training) between any two runs.

10K Advanced Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1	Rest	4 miles: 6x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	3 miles + 4 strides	Rest	6 miles	Rest	13
Week 2	Rest	5 miles: 8x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	4 miles + 4 strides	Rest	6 miles	Rest	15
Week 3	Rest	5 miles: 8x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	4 miles + 6 strides	Rest	7 miles	Rest	16
Week 4	Rest	6 miles: 8x90" Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	5 miles + 6 strides	Rest	7 miles	Rest	18
Week 5	Rest	5 miles: 8x1' Fartlek @ goal 10k pace, 2' easy jog in between	Cross-train	3 miles + 6 strides	Rest	5 miles	Rest	13

Week 6	3 miles + 4 strides	6 miles: 8x1' Fartlek @ 5k pace, 2' easy jog in between	Cross-train	5 miles + 6 strides	Rest	8 miles	Rest	22
Week 7	3 miles + 6 strides	6 miles: 8x1' Fartlek @ 5k pace, 2' easy jog in between	Cross-train	6 miles + 6 strides	Rest	8 miles	Rest	23
Week 8	4 miles + 6 strides	6 miles: 8x90" Fartlek @ 5k pace, 90" easy jog in between	Cross-train	6 miles + 6 strides	Rest	9 miles	Rest	25
Week 9	Rest	6 miles: 8x90" Fartlek @ 5k pace, 90" easy jog in between	Cross-train	4 miles + 6 strides	Rest	6 miles	Rest	16
Week 10	Rest	4 miles: 6x1' Fartlek @ 5k pace, 90" easy jog in between	Rest	3 miles + 6 strides	Rest	10-15' easy running + 4 strides 10k Race! 5-10' easy running	Rest	15
LEGEND								
* Minutes is represented by the ' symbol								
* Seconds is represented by the " symbol								
* To get your '5k Goal Pace + 20"' simply add 20 seconds per mile to your 5k goal pace to make it slower								

10K Advanced Plan Notes

- ◆ Except for specified fartlek workouts and strides (both described in the Workout Descriptions section below), all mileage in these plans should be at Easy pace (also described in the Workouts section). Cross-training and foam-rolling are described in the Workouts section as well.
- ◆ A single apostrophe (') signifies minutes, a double apostrophe (") signifies seconds, and times (x) signifies “repeats of.” See the workout section for a specific example of what a fartlek workout (the only ones here which use this notation) looks like.
- ◆ This plan is flexible! The actual days of the week are not important; you can shift the schedule around as needed. But keep a day of recovery (or active recovery, in the form of cross-training) between any two runs.

Workout Descriptions

Easy – Easy miles should be exactly that. The purpose of Easy running is to build your aerobic base with only the most minimal stress on your body while you recover from the previous workout. You should be able to easily carry on a conversation during your Easy run. If you'd like a more objective measure of the intensity, use a heart rate monitor and keep your heart rate below 70% of your maximum heart rate.

Most people run their Easy miles too hard. Easy pace should feel really slow. If you're worried about running into someone you know, for fear that they'll make fun of you, you're probably doing Easy pace just right.

Easy miles appear simply as numbers on the training schedule without a specified workout type.

Fartlek – Meaning “speed play” in Swedish, a fartlek is most easily described as a short duration of relatively fast running. The terminology is intentionally vague – after all, it means speed play, so we don't want to be too strict about the exact pace. Here, the only fartlek paces we suggest are based on your goal 5K and 10K paces. Don't worry about running at exactly those paces, just increase your intensity so that you're approximating how you'd run in a race of that distance.

For example, if your workout says [4 miles: 6x1' Fartlek @ goal 5K pace, 90" easy jog in between], here's what you'd do that day:

Warm up with Easy-pace running for 3 to 5 minutes. Speed up to your goal 5K pace for 1 minute (having fun, of course!), then do 90 seconds of Easy pace jogging before increasing again to 5K pace. Repeat the "1 minute of 5K pace followed by 90 seconds of Easy jogging" for a total of 6 times. Then do Easy pace running for as far as you need to go to bring your total mileage to the day to 4 miles.

Notice that the fartleks usually should not take up the entire mileage for the day (in this example, 4 miles). In general, any fast running will be done in the middle of your run, preceded and followed by periods of Easy running to reach the day's total mileage goal, just like in the above example.

In cases where the pace is given as "goal race pace plus some number of seconds," like [goal 5K pace + 20"], add that amount of seconds per mile to your pace. So if your goal is to run a 5K in 31 minutes (10 minutes per mile), you'd do the workout in this particular example at a pace of 10:20 per mile.

To determine your goal 5K pace: Is there a 5K time you'd really like to run? A personal best? Breaking 30, 25, or 20 minutes? It's okay to start with this question, but be realistic, at least in what you hope to accomplish in any one training season. You can esti-

mate a reasonable 5K pace by taking your conversational Easy pace-per-mile (in seconds) and multiplying by 0.8. Keep in mind this pace is just an estimate, and the estimate requires that your Easy pace truly be easy. Test it out during a fartlek workout and see how the pace feels - if it's too easy or too hard, adjust accordingly.

Long – The long run each week (the one that's on Saturday, throughout all of these plans) should be done at a very low intensity (the same as Easy pace), one to two minutes slower per mile than you're capable of running the distance. Just as with Easy runs, aim to be able to carry on a conversation without difficulty during long runs.

Strides – One repetition of a stride is as follows: starting at rest, begin running and gradually accelerate for 10 seconds to about 90% of your maximum speed. Hold that pace for 2 to 3 seconds, then gradually decelerate for 10 seconds. Rest for 30-40 seconds between repetitions.

In these plans, when strides are called for they are to be done immediately following the day's run.

Cross-train / Foam-roll – Cross-training workouts can be any other physical activity you like, performed at a moderate intensity for anywhere from a few minutes up to about half an hour. Running is not recommended on these days, as the point is to give

your running muscles and joints a break while still allowing you to improve your fitness. Recommended cross-training activities include cycling, spinning, swimming, light strength-training (go easy on the legs), pilates, yoga, dance, etc.

Foam-rolling on the day after your long run (or as often as you like, throughout the week) is an optional activity aimed at softening brittle muscles and speeding recovery.