5K TRAINING PLAN
FOR BEGINNER AND INTERMEDIATE RUNNERS

RUNNING SHOES GURU

ABOUT THE AUTHOR

Peyton Hoyal was a 2009 NAIA All-American in the Marathon event while attending Berry College in Rome, GA.

After graduation, he worked as a high school teacher, track/cross country coach, and continued to run competively on the roads.

He began honing his coaching craft at this time, experimenting with his own training and researching the physiology and methodology of training theory extensively.

This produced a US Foot Locker Cross Country Championship Finalist, a Pan-American Games berth, a Junior Olympics top finisher, three USATF National Championships, and dozens of Boston Marathon qualifiers.

He continues to coach privately with ZAP Fitness Elite, and now works in the running industry as a territory sales manager for On, Inc of Switzerland.

PERSONAL BEST

8K - 0:24:56
10K - 0:31:27
HALF MARATHON - 1:08.12
MARATHON - 2:30.39

RUNNING SHOES GURU

CONTENTS

WHY THE 5K?

Congratulations! You have made a great step towards improving your running fitness and overall well-being by deciding to train for the 5K (3.1ml) distance. Whether you are trying to lose weight, build stamina, or compete for a faster time over the distance, the 5K is a great event to objectively gauge your progress. Having a race on the horizon, even if it is purely for fun, will help you keep motivated and engaged with your running. Consistency is always key, and a set program will help you garner that consistency as you transform your running.

The 5K event will offer an excellent test of both your speed and stamina, but is short enough that practically anyone, no matter their lifestyle demands, can complete the training needed to finish the distance successfully. Beginners will appreciate the challenge of covering their 5K efficiently at the end of this plan, while intermediate runners will be ready to press for a personal best by the end of week eight.

CHOOSING YOUR PROGRAM

Beginning runners starting this plan will need to have some basic fitness training under their belts, but not to any intimidating degree. Perhaps you routinely visit the gym, participate in an exercise class, or have completed a Couch-to-5K plan in the past. It is recommended that beginning runners be able to run easily for 10min (or roughly one mile) at the start of this plan, and have some general familiarity with various core strengthening exercises (even if it is from high school gym class). Much of the beginner program will include some walking interspersed with running on a daily basis. Don't skimp on this, as it is an important part of your program! Walking at a brisk pace will keep the heart rate elevated, burn calories, and strengthen the muscles used in running to a beneficial extent.

Beginners will be looking for a 5K time goal between 26-34min, in a very general sense and depending on individual circumstances.

Intermediate runners will have some background in formal running, and have likely completed a 5K-10K race before. Even more advanced runners returning from an extended break will benefit from following this program, as it introduces some often overlooked elements such as drills, strength training, and fartlek surges that many runners have never done before. It is recommended that intermediate runners be able to run easily for 20-30min (2-4mls) without stopping prior to embarking on this plan.

Intermediate runners should shoot for a 5K goal time of 18-26min, provided there are no extraneous circumstances leading into race day. Individual results will depend on average daily running pace, overall fitness level, and prior racing history over the 5K distance.

GETTING STARTED

What will you need to get started?

The beauty of running is that the activity can be completed anywhere at any time! There is minimal equipment required, and you can choose to go solo or with friends to get your miles in each day. It is always recommended that you consult with your medical doctor before beginning an exercise regimen of any sort, especially with a higher-demand activity like running. Even if you have been running for quite some time, an annual check-up with your doctor can keep you on top of your overall health parameters, thus preventing small issues from becoming big problems. A healthy body is a happy body!

When you are ready to begin, you will need the following things at your disposal to complete this plan successfully:

- ☑ On average, less than 60min per day to complete your training. That's it!

- ☑ A good pair of **running shoes**, preferably fitted to your needs at a run specialty shop. It is recommended that you have two pairs to rotate throughout the week so that you don't break the shoe down as quickly and you offer some variety to your body in terms of footwear. For instance, an intermediate runner may have one cushioned pair for easy runs, and one lighter pair for faster runs and races.

- ☑ Appropriate technical running clothing and gear befitting your environment. This will include everything from the basics to low-light safety gear if you are running before or after daylight. Pay attention especially to your socks, as non-running socks can cause blisters and chafing.

☑ A 5-6ft long rope or yoga strap for flexibility routines (and perhaps an exercise mat if you are completing core and stretching routines away from home or the gym)

☑ A foam roller or similar self-massage device.

☑ Optional- A 4-12lb medicine ball to add difficulty to your core routines if you are more advanced.

☑ A running watch or easy-to-use GPS unit to monitor running time and/or distance.

☑ Safe places to run! This can include parks, bike paths, groomed trails, treadmills, tracks, etc, but choose locations that are well-lit, free from heavy traffic, and don't present physical hazards such as untended dogs, broken glass, or excess rocks/roots. Always tell someone where you will be running, wear an ID of some sort, or find a training partner to hit the road with on a regular basis.

☑ Optional- A heart rate monitor to gauge effort; use the '220 – Your Age' formula to establish an approximate max heart rate by which to define your percentage zones; see below in glossary

ESTABLISHING POSITIVE ROUTINES

Running is all about habit, routine, and finding joy in the often meditative act of logging your weekly miles. Whether you are a competitive runner or not, you have to find enjoyment in the simple act of running to stay with the activity. As such, the below tips will help you establish sustainable routines that will allow you to complete the plans presented in this e-book.

1. According to Dr. Joe Vigil, coach of Olympians Deena Kastor and Meb Keflezighi, the best time for your body to run is in the morning, about an hour after waking. The intervertebral disks in your spine are fully hydrated after lying horizontal overnight (provided you are properly hydrating during the day/before bed), thereby reducing strain on nerves and allowing muscles to function optimally. Running in the morning, however early it may be, gets your session out of the way before excuses can creep in due to family, work, or life factors. Plus, early morning exercise will boost your metabolism throughout the day and make you feel like a real athlete. Wake-up, move around, complete the pre-run routine described in the glossary, and go do it! You'll always be thankful later in the day when you get to spend extra time with friends and family.

2. Related to the above, it is not necessary to eat anything prior to your morning runs lasting less than one hour. You should be properly fueled from the prior day's eating to make it through these sessions, but if you are hungry pick something light and easily digestible to have before your run; think buttered toast, an energy bar, or a banana if needed. However, hydrating with water or an electrolyte drink is always a good idea prior to running, as is a bit of caffeine to wake you up and get you motivated to train. A cup of coffee or tea before running is a good idea, and caffeine has been shown to increase endurance by a noteworthy margin.

3. Sleep and rest are critical elements to any successful training plan, but also to function at your best as an active human being. As adults, some nights you may be able to only sleep 5-6hrs due to work and family commitments, but that is okay as long as your bedtime is relatively consistent across the week. You can always wake-up earlier!

4. Nutrition is another major factor in establishing positive daily routines. For runners, it is recommended that you consume the majority of your calories earlier in the day and not to "backload" calories at dinner. Don't skimp on a big, healthy breakfast after a morning training session, even if you have weight loss goals in mind. Eating well after training elevates your metabolism, restocks your carbohydrate stores for the next day's exercise, and helps muscle tissue repair itself between sessions. Focus your diet on wholesome foods that can be found in nature. Fresh fruit, vegetables, conscientiously chosen animal products, and healthy grains such as rice, whole wheat, and oats are the cornerstones of a balanced diet. Heart-healthy oils such as olive, avocado, and fish-based lipids are also essential to overall well-being, so don't skimp on these items either.

5. Being flexible in your training, as in life, is a key ingredient to long-term enjoyment of your running. There will always be those days, due to scheduling, illness, or other factors out of your control, where you may miss a run or ancillary training session. Take these days with a grain of salt, knowing that they are abnormal, and move on to the next. It is unwise to try to make-up missed training by overdoing it the next day, but you can usually sneak in some easy miles if you miss a run on another day; just be careful placing harder sessions too close together, as that could lead to injury.

GLOSSARY OF TERMS

Pre-Run Routine (PRR) — Standing active flexibility for your specific tight/problem areas and full lunge matrix routine prior to all running, walking, and cross-training sessions

Easy Running — This is your "daily run" designed to help you build stamina, improve aerobic efficiency, and prepare you to cover the full race distance with relative ease. You should always be able to converse lightly on these runs, and the perceived effort should never be too hard! If you are going by heart rate, these runs should be between 60-75% of max heart rate completed in a progressive way. "Easy" doesn't always mean "slow" however, and the average pace of these outings should improve over the course of the program as you become more fit.

Technique Drills — These are general drills designed to enhance your reactivity off the ground, improve your form, and build specific strength in your running muscles. Complete these over a 30-40m stretch of grass, smooth asphalt, or on the track. Increase the length of the drill set to 50-60m as you gain control and strength.

Lateral Skips	**Fast Feet**
Backwards Skips	**Caraoka**
High Knee Run	**Bounding**
Tail Kicks	**High Skips**
Hamstring Reach-Outs	

Core 1 (Strength) — complete each of the following exercises for 20-60sec each depending on your current level of strength; add time to these exercises as you progress in the training

plan; take a brief recovery between exercises, but not more than 60sec; some exercises can be done using a smaller medicine ball for resistance, as well.

Core 2 (Stability) — complete each of the following exercises for 20-60sec each depending on your current ability level as above; maintain good posture through these exercises, especially with the planks. Don't let your hips fall below level, and keep your core engaged throughout each exercise; take no more than 60sec recovery between exercises.

Active Isolated Stretching (AIS) — derived from the work of Jim and Phil Wharton, AIS is a flexibility technique where each exercise is held for no more than 2-3sec each and completed for 8-10 repetitions;

Foam Rolling (FR) — Purchase a commercial massage roller made with a harder material to work into muscles to relieve tension and prevent injury. Focus on quads, glutes, hamstrings, calves, and lower back.

Fartlek Surges — These surges are designed to elevate your heart rate to a zone that is closer to 5K race effort, thereby increasing your aerobic capacity. On the shorter 30-60sec repetitions, these should be approaching a "controlled sprint" effort towards the end of the session. If they are longer reps as found in the intermediate plan, you will need to practice pacing and control so that you can complete the workout with good form. Heart rate values will not be as important until you reach ~90sec of faster running, but aim for 85-95% of your predicted heart rate max on these if applicable. The effort zone should be "quite challenging," and you should not be able to converse very well. Take the recovery jogs as easy as needed; even brisk walking is fine if you are new to faster training.

Aerobic Cross-Training (AXT) — This is all non-running exercise completed to further improve your aerobic stamina without the stress of pounding on your muscles, bones, and joints. This can include cycling, elliptical, swimming, water running, vigorous hiking, rowing, etc. The more specific these activities are to the running motion the better, with water running and using an elliptical trainer being at the top of this recommended list.

WEEK 1

RUNNING SHOES GURU

Congratulations! You're ready to embark on your 5K journey! The next eight weeks will challenge you in many positive ways, and will prepare you to complete your first or fastest 5K! Best of luck as you progress through this plan, and here's to a lifetime of happy running.

MONDAY

BEGINNER

- Pre-Run Routine (PRR)
- Walk 10min
- Easy 10min Run
- Walk 10min
- Active-Isolated Stretching (AIS)
- Foam Rolling (FR)

INTERMEDIATE

- Pre-Run Routine (PRR)
- Easy 20-30min Run
- AIS
- Foam Rolling

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- PRR
- Walk 10min
- Easy 10min Run
- Walk 10min
- AIS
- FR

INTERMEDIATE

- PRR
- Easy 20min
- 1-2x Technique Drills
- Easy 10min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Rest Day or Walk 30-40min
- AIS
- FR

INTERMEDIATE

- PRR
- Easy 20min or 30-45min
- Aerobic Cross-Training (AXT)
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 15-20min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 45min
- AIS
- FR

SUNDAY

BEGINNER

Rest Day (can include a light walk and AIS/FR if desired)

INTERMEDIATE

Rest Day (can include a light walk and AIS/FR if desired)

RUNNING SHOES GURU

WEEK 2

Pro Tip- Vary your running surface to prevent injury throughout the week and even within runs. Mixing-in some running on grass, groomed trail, soft track, and even on the treadmill when weather is bad will alter your gait just enough to avoid overuse to certain muscle groups. Asphalt is a fine running surface, but try to avoid concrete sidewalk (significantly harder than pavement) and unstable sandy surfaces (this can create a "tugging" action on muscles) as these can cause injuries more readily.

MONDAY

BEGINNER

- Walk 10min
- Easy 10-15min
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 20min
- 1-2x Tech Drills
- Easy 10min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 10min
- 1x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 4-6x 30sec 'Surges' w/ 90sec Easy Recovery
- Easy 10min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Walk 30-45min
- AIS
- FR

INTERMEDIATE

- Easy 20min OR AXT 30-45
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 20-25min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 50min
- Colorado Leg Circuit
- AIS
- FR

SUNDAY

BEGINNER

Rest Day

INTERMEDIATE

Rest Day

WEEK 3

Pro Tip- Keep a detailed running log! Whether through a reputable online forum such as Strava or Running2Win, or just in a private written journal, track each day's activity, your mood, perceived exertion, and any extraneous factors such as lack of sleep so that you can monitor your progress. This will also help you prevent set-back by keeping track of things like your weight, soreness in specific areas, and shoe mileage so that you can predict mishap before it occurs. Plus, it can be really exciting to track your progress and performance increases as you move across a training cycle!

MONDAY

BEGINNER

- Walk 10min
- Easy 15min
- 1-2x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 30min
- 1-2x Tech Drills
- Easy 5min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 15min
- 1x Tech Drills
- 4-6x 30sec 'Surges' w/ 90sec Easy Recovery Jogs
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 1x Tech Drills
- 4-6x 60sec 'Surges' w/ 60sec Easy Recovery Jogs
- Easy 15min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Walk 30-45min
- AIS
- FR

INTERMEDIATE

- Easy 30min OR AXT 30-45
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 30-35min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 60min
- Colorado Leg Circuit
- AIS
- FR

SUNDAY

BEGINNER

Rest Day

INTERMEDIATE

Rest Day

RUNNING SHOES GURU

WEEK 4

Week 4 marks the half-way point in your program! How are you feeling? If everything is going well, plow forward and get the most out of your body! Feeling a bit down, sore, or under the weather, don't be afraid to take it a little easier on your runs or reduce the duration of a few sessions by 5-10min. It's always better to be safe than sorry!

MONDAY

BEGINNER

- Walk 10min
- Easy 20min
- 1-2 x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 30min
- 2x Tech Drills
- Easy 10min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 10min
- 1x Tech Drills
- 6-8x 30sec 'Surges' w/ 90sec Easy Recovery Jogs
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 1x Tech Drills
- 4-6x 2:00 'Surges' w/ 60sec Easy Recovery
- Easy 15min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Walk 30-45min or 30min AXT
- AIS
- FR

INTERMEDIATE

- Easy 30min or 30-45 AXT
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 35-40min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 70min
- Colorado Leg Circuit
- AIS
- FR

SUNDAY

BEGINNER

Rest Day

INTERMEDIATE

Rest Day

WEEK 5

RUNNING SHOES GURU

Pro Tip- By now, your strength training and drill sets should be getting quite comfortable and easier on your working muscles. Add a little difficulty by increasing the duration of each exercise by a few meters in the drill sets (or by doing your drills up a light uphill grade!) or by adding a 4-8lb medicine ball to some of your abdominal/core workouts when feasible. Keep those routines fresh by altering the order of exercises completed, and really paying attention to good form and proper breathing during all routines.

MONDAY

BEGINNER

- Walk 10min
- Easy 30min
- 2x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 40min
- 2x Tech Drills
- Easy 10min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 15min
- 1x Tech Drills
- 8-10x 30sec 'Surges' w/ 90sec Easy Recovery Jogs
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 4-6x 3:00 'Surges' w/ 2:00 Easy Recovery Jogs
- Easy 15min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Walk 30-45min or 30min AXT
- AIS
- FR

INTERMEDIATE

- Easy 30min or 30-45min AXT
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 40-45min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 80min
- Colorado Leg Circuit
- AIS
- FR

SUNDAY

BEGINNER

Rest Day

INTERMEDIATE

Rest Day

RUNNING SHOES GURU

WEEK 6

Pro Tip- Need some extra motivation to put that special spark in your training? Try reading a new running book at the start of every training cycle. Reading running-related fiction or non-fiction can really help inspire you to get out the door each training day. Recommended reads include "Once a Runner" and its series by John L. Parker, "Life at These Speeds" by Jeremy Jackson, "A Cold, Clear Day" by Frank Murphy, and "Running with the Buffaloes" by Chris Lear. These works span from compelling true stories about excellent runners to gripping fiction that will stir your mind and get your body moving, so be sure to check these out!

MONDAY

BEGINNER

- Walk 10min
- Easy 30min
- 2x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 40min
- 2x Tech Drills
- Easy 10min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 15min
- 1x Tech Drills
- 8-10x 60sec 'Surges' w/ 60sec Easy Recovery Jogs
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 4-6x 4:00 'Surges' w/ 2:00 Easy Recovery Jogs
- Easy 15min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Walk 30-45min or 30min AXT
- AIS
- FR

INTERMEDIATE

- Easy 30min or 30-45min AXT
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 50-60min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 90min
- Colorado Leg Circuit
- AIS
- FR

SUNDAY
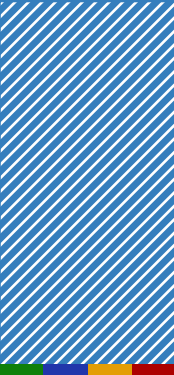
BEGINNER

Rest Day

INTERMEDIATE

Rest Day

RUNNING SHOES GURU

WEEK 7

Two weeks left before your 5K! Be sure to take care of your immune system in these final weeks by sticking to our routine, washing hands frequently, and staying well-hydrated. Try taking a little extra Vitamin C, Vitamin D, and Zinc at this time to really give your immune system a boost.

MONDAY

BEGINNER

- Walk 10min
- Easy 30min
- 2x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 40min
- 2x Tech Drills
- Easy 10min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 15min
- 1x Tech Drills
- 10x 30sec 'Surges' w/ 90sec Easy Recovery Jogs
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 5x 3:00 'Surges' w/ 2:00 Easy Recovery Jogs
- Easy 15min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS

INTERMEDIATE

- Core 2
- AIS

FRIDAY

BEGINNER

- Walk 30-45min or 30min AXT
- AIS
- FR

INTERMEDIATE

- Easy 30min or 30-45min AXT
- AIS
- FR

SATURDAY

BEGINNER

- Walk 10min
- Easy 40min
- Walk 10min
- Colorado Leg Circuit
- AIS
- FR

INTERMEDIATE

- Easy 60min
- Colorado Leg Circuit
- AIS
- FR

SUNDAY

BEGINNER

Rest Day

INTERMEDIATE

Rest Day

RUNNING SHOES GURU

WEEK 8

Race week! Are you excited yet? Our primary goal this week is one thing- stick to your routine! Try to relax as much as possible when running, visualize race day success, and pay extra attention to sleep, hydration, and good nutrition as race day approaches. You won't need to "carbo load" or anything special for the 5K, but do be sure that you aren't skipping normal meals in the final 72hrs before the race. Best of luck as you get ready to rock your 5K!

MONDAY

BEGINNER

- Walk 10min
- Easy 30min
- 2x Tech Drills
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 40min
- 2x Tech Drills
- Easy 10min
- AIS
- FR

TUESDAY

BEGINNER

- Core 1
- AIS

INTERMEDIATE

- Core 1
- AIS

WEDNESDAY

BEGINNER

- Walk 10min
- Easy 15min
- 1x Tech Drills
- 4-6x 30sec 'Surges' w/ 90sec Easy Recovery Jogs
- Walk 10min
- AIS
- FR

INTERMEDIATE

- Easy 15min
- 4-6x 1:00 'Surges' w/ 2:00 Easy Recovery Jogs
- Easy 15min
- AIS
- FR

THURSDAY

BEGINNER

- Core 2
- AIS
- sticking to your routine!

INTERMEDIATE

- Core 2
- AIS
- sticking to your routine!

FRIDAY

BEGINNER

- Walk 30min or 20-30min AXT
- AIS
- FR

INTERMEDIATE

- Easy 20min or 20-30min AXT
- AIS
- FR

SATURDAY

Race day! Wake-up 3hrs prior to your race start, have a light breakfast, hydrate well, and enjoy your normal coffee or tea (if desired). Get to the start area early, take some time to go through your AIS routine and mentally prepare for the race before warming-up. Finish your warm-up just 5-10min before the start so you are ready to roll right off the line. Best of luck, and have fun!

BEGINNER

- Walk 10min
- Easy 10min
- 5K Race
- Easy 10min
- Walk 10min

INTERMEDIATE

- Easy 10-15min
- 1-2x Tech Drills
- 2x 30sec Light Surges
- 5K Race
- Easy 10-15min

SUNDAY

BEGINNER

- Long Walk
- AIS
- FR

INTERMEDIATE

- Long Walk
- AIS
- FR

Active Recovery Period to Follow; Can Include Walks, Lighter AXT, Core, and AIS for 5-10 days; No Running During This Period

DEBRIEFING

After any target race, it is very important to review your training and the race itself. Were you able to complete the full program? Did you have any injuries or other setbacks along the way? How did the race go in regard to your goal time or finish result? Use the answers to these questions to make subtle changes to your training approach and lifestyle along the way. Start setting new goals to keep you motivated, and always seek joy in the wonderful challenge of running at your best!

We at RSG hope that you enjoyed this e-book, and please check out the other publications available on our site! The next step after your 5K is the 10K, so rest up, get motivated, and let's prep for your next big race!