Global Connections presents:

TRAINING FOR A

5K, 10K & BEYOND

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8 WEEK 5K TRAINING PLAN- NOVICE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30-60 min walk
2	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35-60 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40-60 min walk
4	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45-60 min walk
5	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50-60 min walk
6	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55-60 min walk
7	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
8	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	5-K Race Day

Run: Do not worry about how fast you run; just cover the distance or the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so.

Run/Walk: Run until fatigued; walk until recovered.

Walk: Do not worry about how fast you walk, or how much distance you cover. Begin with about 30 minutes and add 5 minutes a week until you peak with a full hour in Week 7.

Rest Days: Rest days are vital to give your muscles time to recover.

8 WEEK 5K TRAINING PLAN- INTERMEDIATE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 mi run	5 x 400	3 mi run	Rest	3 mi run	5 mi run
2	Rest	3 mi run	30 min tempo	3 mi run	Rest	3 mi fast	5 mi run
3	Rest	3 mi run	6 x 400	3 mi run	Rest	4 mi run	6 mi run
4	Rest	3 mi run	35 min tempo	3 mi run	Rest	Rest	5-K Test
5	Rest	3 mi run	7 x 400	3 mi run	Rest	4 mi fast	6 mi run
6	Rest	3 mi run	40 min tempo	3 mi run	Rest	5 mi run	7 mi run
7	Rest	3 mi run	8 x 400	3 mi run	Rest	5 mi fast	7 mi run
8	Rest	3 mi run	30 min tempo	2 mi run	Rest	Rest	5-K Race Day

Run: This suggests that you run at an easy pace. You need to define your own comfort level. Do not worry about how fast you run; just cover the distance suggested. Ideally, you should be able to run at a pace that allows you to converse with a training partner without getting too much out of breath.

Fast: 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.

Long runs: Run 5-7 miles at a comfortable pace, not worrying about speed or distance. You should be able to carry on a conversation while you run. Do not be afraid to stop to walk, or stop to drink.

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 1,500 m or mile race. Run 400 m hard, then recover by jogging and/or walking 400 m. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 m. Cool down with a short jog.

Tempo runs: Begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down.

Rest: Taper your training so you can be ready for a peak performance on the weekend.

Stretch & strengthen: Tuesday and Thursdays would be good to combine stretching and strengthening with your easy run, however, you can schedule these workout on any day that is convenient for your business and personal schedule.

Racing: Consider doing some other races at 5K to 10K distances to test your fitness. You should race more frequently (once every 2 weeks).

8 WEEK 5K TRAINING PLAN- ADVANCED

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 mi run	5 x 400	Rest or easy run	30 min tempo	Rest	4 mi fast	60 min run
2	3 mi run	8 x 200	Rest or easy run	30 min tempo	Rest	4 mi fast	65 min run
3	3 mi run	6 x 400	Rest or easy run	35 min tempo	Rest	5 mi fast	70 min run
4	3 mi run	9 x 200	Rest or easy run	40 min tempo	Rest or easy run	Rest	5-K Test
5	3 mi run	7 x 400	Rest or easy run	40 min tempo	Rest	5 mi fast	75 min run
6	3 mi run	10 x 200	Rest or easy run	40 min tempo	Rest	6 mi fast	85 min run
7	3 mi run	8 x 400	Rest or easy run	45 min tempo	Rest	6 mi fast	90 min run
8	2 mi run	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	5-K Race Day

Run: This suggests that you run at an easy pace. You need to define your own comfort level. Do not worry about how fast you run; just cover the distance suggested. Ideally, you should be able to run at a pace that allows you to converse with a training partner without getting too much out of breath.

Fast: 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.

Long runs: Run 60-90 minutes at a comfortable pace, not worrying about speed or distance. Think minutes rather than miles, which allows you to explore different courses that you have not measured. You should be able to carry on a conversation while you run.

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 1,500 m or mile race. Run 400 m hard, then recover by jogging and/or walking 400 m. A second variation is to run 200 m repeats at 800 race pace with 200 jogging between. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 m. Cool down with a short jog.

Tempo runs: Begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down.

Rest: Taper your training so you can be ready for a peak performance on the weekend.

Stretch & strengthen: Tuesday and Thursdays would be good to combine stretching and strengthening with your easy run, however, you can schedule these workout on any day that is convenient for your business and personal schedule.

Racing: Consider doing some other races at 5K to 10K distances to test your fitness. You should race more frequently (once every 2 weeks).

12K AND HALF MARATHON SAMPLE TRAINING PLANS

Workout Descriptions

Hills: Hill repeat workouts should be approximately 200-400 meters in length. Walk or jog an equal distance in between each hill

Speedwork: These workouts can be done either on a track or a pre-determined flat road distance. Walk or jog to recover between each speed section

3/1: These occur during your long runs. This means to do the first 3/4 of your run at an easy pace and then step up the intensity the last 1/4 of the run. You should finish these runs feeling good. If you are super wiped out and not able to keep the pace for the entire last 1/4, take the intensity down.

Pace: This refers to running at goal half marathon pace.

Tempo run: this run is a buildup run with the peak being at a pace of a race just a bit faster than the current race you are training for. The first 10-20% of the run should be easy, then build up to peak pace and ease up the last 5-10% of the run.

12K SAMPLE TRAINING PLAN- NOVICE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strengthen	Run 2 miles	20 minutes cross train	Run 2 miles	Rest	Run 2 miles	Rest
2	Stretch & Strengthen	Run 2 miles	25 minutes cross train	Run 2 miles	Rest	Run 3 miles	Rest
3	Stretch & Strengthen	Run 2 miles	30 minutes cross train	Run 2 miles	Rest	Run 4 miles	Rest
4	Stretch & Strengthen	Run 3 miles	30 minutes cross train	Run 2 miles	Rest	Run 3 miles	Rest
5	Stretch & Strengthen	Run 2 miles	30 minutes cross train	Run 3 miles	Rest	Run 4 miles (break schedule meet @ 12:30)	Rest
6	Stretch & Strengthen	Run 3 miles	35 minutes cross train	Run 3 miles	Rest	Run 4 miles (break schedule meet @ 12:30)	Rest
7	Stretch & Strengthen	Run 4 miles	40 minutes cross train	Run 3 miles	Rest	Run 4 miles	Rest
8	Stretch & Strengthen	Run 4 miles	45 minutes cross train	Run 3 miles	20 minutes cross train	Run 5 miles	Rest
9	Stretch & Strengthen	Run 3 miles	50 minutes cross train	Run 3 miles	20 minutes cross train	Run 6 miles	Rest
10	Stretch & Strengthen	Run 5 miles	60 minutes cross train	Run 3 miles	30 minutes cross train	Run 5 miles	Rest
11	Stretch & Strengthen	Run 5 miles	60 minutes cross train	Run 3 miles	30 minutes cross train	Run 7 miles	Rest
12	Stretch & Strengthen	Run 3 miles	30 minutes cross train	Run 2 miles	Rest or Run 2 miles	Rest	Race Day! 7.46 miles

12K SAMPLE TRAINING PLAN- NOVICE +

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strengthen	Run 2 miles	20 minutes cross train	Run 2 miles & Strength	20 minutes cross train	Run 2 miles	Rest
2	Stretch & Strengthen	Run 2 miles	25 minutes cross train	Run 2 miles & Strength	25 minutes cross train	Run 3 miles	Rest
3	Stretch & Strengthen	Run 2 miles	30 minutes cross train	Run 2 miles & Strength	30 minutes cross train	Run 4 miles	Rest
4	Stretch & Strengthen	Run 3 miles	30 minutes cross train	Run 2 miles & Strength	30 minutes cross train	Run 3 miles	Rest
5	Stretch & Strengthen	Run 2 miles	30 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run 4 miles (break schedule meet @ 12:30)	Rest
6	Stretch & Strengthen	Run 3 miles	35 minutes cross train	Run 3 miles & Strength	35 minutes cross train	Run 4 miles (break schedule meet @ 12:30)	Rest
7	Stretch & Strengthen	Run 4 miles	40 minutes cross train	Run 3 miles & Strength	40 minutes cross train	Run 4 miles	Rest
8	Stretch & Strengthen	Run 4 miles	45 minutes cross train	Run 3 miles & Strength	40 minutes cross train	Run 5 miles	Rest
9	Stretch & Strengthen	Run 3 miles	50 minutes cross train	Run 3 miles & Strength	45 minutes cross train	Run 6 miles	Rest
10	Stretch & Strengthen	Run 5 miles	60 minutes cross train	Run 3 miles & Strength	45 minutes cross train	Run 5 miles	Rest
11	Stretch & Strengthen	Run 5 miles	60 minutes cross train	Run 3 miles & Strength	45 minutes cross train	Run 7 miles	Rest
12	Stretch & Strengthen	Run 3 miles	30 minutes cross train	Run 2 miles & Strength	Rest or Run 2 miles	Rest	Race Day! 7.46 miles

12K SAMPLE TRAINING PLAN- INTERMEDIATE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strengthen	Run 2 miles	30 minutes cross train	Run 3 miles & Strength	20 minutes cross train	Run 3 miles	Rest
2	Stretch & Strengthen	Run 2 miles	30 minutes cross train	Run 3 miles & Strength	25 minutes cross train	Run 4 miles	Rest
3	Stretch & Strengthen	Run 2 miles	40 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run 5 miles	Rest
4	Stretch & Strengthen	Run 3 miles	40 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run 4 miles	Rest
5	Stretch & Strengthen	Run 2 miles	45 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run 5 miles (break schedule meet @ 12:30)	Rest
6	Stretch & Strengthen	Run 3 miles	45 minutes cross train	Run 3 miles & Strength	35 minutes cross train	Run 6 miles (break schedule meet @ 12:30)	Rest
7	Stretch & Strengthen	Run 4 miles	45 minutes cross train	Run 4 miles & Strength	40 minutes cross train	Run 7 miles	Rest
8	Stretch & Strengthen	Run 4 miles	60 minutes cross train	Run 4 miles & Strength	40 minutes cross train	Run 6 miles	Rest
9	Stretch & Strengthen	Run 3 miles	60 minutes cross train	Run 4 miles & Strength	45 minutes cross train	Run 7 miles	Rest
10	Stretch & Strengthen	Run 5 miles	60 minutes cross train	Run 4 miles & Strength	45 minutes cross train	Run 8 miles	Rest
11	Stretch & Strengthen	Run 5 miles	60 minutes cross train	Run 4 miles & Strength	45 minutes cross train	Run 9 miles	Rest
12	Stretch & Strengthen	Run 3 miles	30 minutes cross train	Run 2 miles & Strength	Rest or Run 2 miles	Rest	Race Day! 7.46 miles

12K SAMPLE TRAINING PLAN- ADVANCED

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strengthen	Run 4 miles	30 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run ~4 miles 4 x 3 minute pick ups 3 minute rest	Rest
2	Stretch & Strengthen	Run 4 miles	30 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run ~5 miles 4 x 4 minute pick ups 3 minute rest	Rest
3	Stretch & Strengthen	Run 5 miles	40 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run ~5 miles 2 miles easy & 3 miles @ tempo pace	Rest
4	Stretch & Strengthen	Run 5 miles	40 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run ~5 miles 6 x 4 minute pickups 2 minute rest	Rest
5	Stretch & Strengthen	Run 6 miles	45 minutes cross train	Run 3 miles & Strength	30 minutes cross train	Run ~6 miles (break schedule meet @ 12:30) 5 x 3 minute pick ups 2 minute rest	Rest
6	Stretch & Strengthen	Run 6 miles	45 minutes cross train	Run 3 miles & Strength	40 minutes cross train	Run ~6 miles (break schedule meet @ 12:30) 2 miles easy & 4 miles @ tempo pace	Rest
7	Stretch & Strengthen	Run 7 miles	45 minutes cross train	Run 4 miles & Strength	40 minutes cross train	Run ~6 miles 5 x 5 minute pickups 3 minute rest	Rest
8	Stretch & Strengthen	Run 6 miles	60 minutes cross train	Run 4 miles & Strength	40 minutes cross train	Run ~6 miles 7 x 4 minute pickups 2 minute rest	Rest
9	Stretch & Strengthen	Run 7 miles	60 minutes cross train	Run 4 miles & Strength	45 minutes cross train	Run ~6 miles 2 miles easy & 4 miles @ tempo pace	Rest
10	Stretch & Strengthen	Run 8 miles	60 minutes cross train	Run 4 miles & Strength	45 minutes cross train	Run 6 miles 6 x 5 minute pick ups 3 min rest	Rest
11	Stretch & Strengthen	Run 9 miles	60 minutes cross train	Run 4 miles & Strength	45 minutes cross train	Run 6 miles 8 x 3 min pickups 2 min rest	Rest
12	Stretch & Strengthen	Run 3 miles @ tempo pace	30 minutes cross train	Run 2 miles & Strength	Rest or Run 2 miles	Rest	Race Day! 7.46 miles

12 WEEK HALF MARATHON SAMPLE PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch & Strengthen	6 x hill repeats	~ 3 mile run or cross train	30 minute tempo run	Cycle & Strength Train	3 mile pace	45 min run (3/1)
2	Stretch & Strengthen	7 x 400m @ 5k pace	~ 3 mile run or cross train	40 minute tempo run	Cycle & Strength Train	3 mile pace	50 min run (3/1)
3	Stretch & Strengthen	7 x hill repeats	~ 3 mile run or cross train	45 minute tempo run	Cycle & Strength Train	4 mile pace	50 min run
4	Stretch & Strengthen	8 x 400m @ 5k pace	~ 3 mile run or cross train	40 minute tempo run	Cycle & Strength Train	5 mile pace	1:00 run
5	Stretch & Strengthen	8 x hill repeats	~ 3 mile run or cross train	45 minute tempo run	Cycle & Strength Train	4 mile pace	1:00 run (3/1)
6	Stretch & Strengthen	6 x 400m @ 5k pace	~ 3 mile run or cross train	30 minute tempo run	Cycle & Strength Train	5 mile pace	1:00 run
7	Stretch & Strengthen	4 x 800m @ 10k pace	~ 3 mile run or cross train	45 minute tempo run	Cycle & Strength Train	4 mile pace	90 minute run
8	Stretch & Strengthen	3 x 1600m @ race pace	~ 3 mile run or cross train	50 minute tempo run	Cycle & Strength Train	5 mile pace	1:45 run (3/1)
9	Stretch & Strengthen	5 x 800m @ 10k pace	~ 3 mile run or cross train	45 minute tempo run	Cycle & Strength Train	4 mile pace	1:45 run
10	Stretch & Strengthen	4 x 1600m @ race pace	~ 3 mile run or cross train	55 minute tempo run	Cycle & Strength Train	5 mile pace	2:00 run (3/1)
11	Stretch & Strengthen	6 x 800m @ 10k pace	~ 3 mile run or cross train	60 minute tempo run	Cycle & Strength Train	3 mile pace	2:00 run
12	Stretch & Strengthen	6 x 400m 5k pace	~ 3 mile run or cross train	30 minute tempo run	Cycle	Rest	Race Day

RESOURCES

Resistance Training for Endurance Athletes

Areas of emphasis: hip flexors, lats/rhomboids (strength & stability), glute power, chest opening, and trunk stability.

Resistance Exercises: Circuit: 2-3 rounds of 3-4 exercises, 30-60 seconds of work followed by 15-30 seconds rest, 60 seconds rest between rounds (total=15-20 minutes)

- Overhead squat
- Alternate push-offs
- Single leg split squat
- Lateral skaters/bounds
- Pull-up
- Triceps push-ups
- Suspension row
- Romanian deadlift with high pull
- Hay bailers
- Thread the needle
- Chops
- Tick-tock plank

Types of Aerobic Endurance Training

- Long, slow distance (LSD): 1-2 x/wk, 30-120 min, ~70% of VO2max
- Pace/Tempo: 1-2 x/wk, ~20-30 min, at lactate threshold or slightly above race pace
- Interval: 1-2 x/wk, 3-5 min, work:rest ratio 1:1, close to VO2max
- High-intensity interval training: 1 x/wk, 30-90 sec with a work:rest ratio 1:5, greater than VO2max
- Fartlek: 1 x/wk, ~20-60 min, varies between LSD & pace/tempo training intensities

RESOURCES

Target Heart Rate Calculations (monitoring exercise intensity)

Karvonen Method:

- Age predicted maximum heart rate (APMHR): 220-age
- Heart rate reserve (HRR): APMHR-resting heart rate (RHR)
- Target heart rate (THR): (HRR x exercise intensity) + RHR

Percentage of Maximal Heart Rate:

- Age predicted maximum heart rate (APMHR): 220-age
- Target heart rate (THR): (APMHR x exercise intensity)

Max Heart Rate (New & Improved):

- Generic:
  - Male: 220-age (sedentary)
  - Female: 220-age (sedentary)
- Running (fit individuals):
  - Male: 214-age x 0.8
  - Female: 209-age x 0.7
- Other Aerobic Activities:
  - Male: 198-age x 0.8
  - Female: 193- age x 0.7
- Commonly Accepted:
  - Tanaka/Monahan/Seals: 208-(age x 0.7)
- Body Fat is greater than 30%
  - Takes additional cardiac strain into account: 200- (0.5 x age)
- The 180 System (Dr. Phil Maffetone Aerobic Maximum)
  - Take 180-your age
    - Corrections:
      - If you do not workout subtract 5 beats
      - Workout 1-2 days/wk subtract 2-3 beats
      - Workout 3-4 days/wk (no change)
      - Workout 5-6 days/wk (no change)
      - Workout 7 + x/wk for over 1 yr add 5
      - Over 55 or under 25 add 5
      - 60 + or under 20 add 5

RESOURCES

Four Essentials of Good Form

Posture	- Feet straight forward - Head leveled with eyes focused forward - Relaxed arms to sides with 90 degree bend at elbow - Raise arms straight overhead to set position
Foot strike	- Midfoot strike, heel touches but not hard - Foot lands under hip, feels like short stride - Run light, soft knees
Cadence	180 steps/min, beginner 164 - Count right foot=90 ct.
Lean	- Lean from the ankles without bending at the waist - Weight slightly forward, flex at ankles, stand tall - Let gravity pull you, do not feel like falling

RESOURCES

Program Design

Warm-up (10 min):

- SMR (self-myofascial release)
    - Foam roll: back, lats, glutes, IT band, quads, claves
- Stability & mobility exercises
    - Cat/camel
    - Lateral bird dog
    - Lateral planks
    - Single leg glute bridge
- Dynamic flexibility
    - Walking lunges or lunge matrix
    - Sumo squats
    - Hip openers
    - High knees march

Cool-down (10 min):

- DO NOT SKIP IT
- Static stretches/SMR
    - Calves, soleus, quads, hamstrings, hip flexors, external rotators, low back, lats, & chest
    - Foam roll: calves, IT band, quads, glutes, & lats

Shoe Finder

www.runnersworld.com/shoefinder

The Big Five (most common running injuries in runners)

1. Patellofemoral Pain Syndrome
2. Iliotibial Band Syndrome
3. Plantar Fasciitis
4. Tibial Bone Strains
5. Achilles Tendonitis/Tendonosis

BLANK TRAINING LOG JUNE- JULY

Use this training log to record your training activities, distance, or minutes.

Weeks until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.		Totals
12	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun		
11	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul		
10	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul		
9	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul		

BLANK TRAINING LOG JULY- AUGUST

Use this training log to record your training activities, distance, or minutes.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.		Totals
8	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul		
7	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul		
6	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug		
5	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug		

BLANK TRAINING LOG AUGUST- SEPTEMBER

Use this training log to record your training activities, distance, or minutes.

	Mon.	*Tues.*	*Wed.*	*Thurs.*	*Fri.*	*Sat.*	*Sun.*		*Totals*
4	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug		
3	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug		
2	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep		
1	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep Race Day!		