




5K Training

16-Week Seasoned Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	V	X	J	X	Y	5 miles slow	W
2	A	X	S	X	Y	5 miles slow	W
3	D	X	K	X	Y	5 miles slow	W
4	G	X	T	X	Y	3 miles slow	W
5	B	Y	L	X	Y	6 miles slow	W
6	E	Y	U	X	Y	6 miles slow	W
7	H	Y	M	X	Y	6 miles slow	W
8	V	Y	S	X	Y	4 miles slow	W
9	C	Z	N	X	Y	7 miles slow	W
10	F	Z	T	X	Y	7 miles slow	W
11	I	Z	O	X	Y	7 miles slow	W
12	A	Z	U	X	Y	5 miles slow	W
13	D	Z	P	X	Y	8 miles slow	W
14	G	Z	S	X	Y	8 miles slow	W
15	B	Y	K	X	Y	4 miles slow	W
16	A	X	S	2 miles slow	2 miles slow	Off	5K!



SPEED Workouts

A

10 minute slow warm-up
 1 minute at mile pace/
 1 minute slow for
 25 minutes
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

B

10 minute slow warm-up
 2 minutes at mile pace/
 2 minutes slow for
 25 minutes
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

C

10 minute slow warm-up
 3 minutes at mile pace/
 3 minutes slow for
 25 minutes
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

I ran and ran and ran every day, and I acquired this sense of determination, this sense of spirit that I would never, never give up, no matter what else happened.
 -Wilma Rudolph

D

10 minute slow warm-up
 Ladder:
 1 min at mile pace/1 min slow
 2 min at mile pace/1 min slow
 3 min at mile pace/1 min slow
 4 min at mile pace/1 min slow
 3 min at mile pace/1 min slow
 2 min at mile pace/1 min slow
 1 min at mile pace/1 min slow
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

E

10 minute slow warm-up
 Ladder:
 1 min at mile pace/1 min slow
 2 min at mile pace/1 min slow
 4 min at mile pace/1 min slow
 6 min at mile pace/1 min slow
 4 min at mile pace/1 min slow
 2 min at mile pace/1 min slow
 1 min at mile pace/1 min slow
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

F

10 minute slow warm-up
 (30 seconds at mile pace/
 1 minute slow, 60 seconds
 at mile pace/1 minute slow,
 90 seconds at mile pace/
 1 minute slow) x 5
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

*3 Minute Core Video: <https://www.youtube.com/watch?v=mhGJN-hIS70>
 **Stretching Video: <https://www.youtube.com/watch?v=POSg1MHhmjY>
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HILL/STRENGTH Workouts

G

10 minute slow warm-up

Find a gradual hill to run up.
30 seconds at mile pace uphill / walk down hill / Repeat 15 times

10 minute slow cool-down

*3-Minute Core Workout

**Stretch

H

10 minute slow warm-up

Find a gradual hill to run up.
1 minute at mile pace uphill / walk down hill / Repeat 10 times

10 minute slow cool-down

*3-Minute Core Workout

**Stretch

I

10 minute slow warm-up

Find a gradual hill to run up.
2 minutes at mile pace uphill / walk down hill / Repeat 6 times

10 minute slow cool-down

*3-Minute Core Workout

**Stretch

*Hills. We love them. We hate them. They make us strong. They make us weak.
Today I chose to embrace hills.*

-Hal Higdon, running writer and coach

J

10 minute slow warm-up

(5 minutes at CH Pace/
3 minutes slow walk) x 3

10 minute slow cool-down

*3-Minute Core Workout

**Stretch

K

10 minute slow warm-up

(7 minutes at CH Pace/
3 minutes slow walk) x 3

10 minute slow cool-down

*3-Minute Core Workout

**Stretch

L

10 minute slow warm-up

(10 minutes at CH Pace/
5 minutes slow walk) x 2

10 minute slow cool-down

*3-Minute Core Workout

**Stretch

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5K Training

PACING/TEMPO Workouts

(workouts done at your Comfortably Hard Pace = CH Pace)

M

10 minute slow warm-up
 (12 minutes at CH Pace/
 5 minutes slow walk) x 2
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

N

10 minute slow warm-up
 (15 minutes at CH Pace/
 5 minutes slow walk) x 2
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

O

10 minute slow warm-up
 (1-mile at CH Pace/5 minutes
 slow walk) x 3
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

I had to make a choice: Find my own pace and embrace it with pride, or stop running out of shame that I couldn't meet someone else's standard. I chose to keep running.

-Cami Ostman, author of Second Wind: One Woman's Midlife Quest to Run 7 Marathons on 7 Continents

P

10 minute slow warm-up
 (2-miles at CH Pace/
 5 minutes slow walk) x 2
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

Q

10 minute slow warm-up
 (2-miles at CH Pace/
 5 minutes slow walk) x 3
 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

R

10 minute slow warm-up
 (1-mile at Race Pace***/1-mile at
 1-minute faster than Race Pace)

 x3 if training for Half Marathon
 x4 if training for Marathon

 10 minute slow cool-down
 *3-Minute Core Workout
 **Stretch

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***Race Pace = the 1-mile pace you plan to run for the entire race



PACING/TEMPO Workouts

(workouts done at your Comfortably Hard Pace = CH Pace)

S

10 minute slow warm-up
15 minutes at CH Pace tempo
10 minute slow cool-down
*3-Minute Core Workout
**Stretch

T

10 minute slow warm-up
20 minutes at CH Pace tempo
10 minute slow cool-down
*3-Minute Core Workout
**Stretch

U

10 minute slow warm-up
25 minutes at CH Pace tempo
10 minute slow cool-down
*3-Minute Core Workout
**Stretch

If you run a marathon, you're going to get tired. The only difference between the tens of thousands of people who finish the marathon and those that don't is that the finishers figured out where to put their tired.

-Seth Godin, *The Practice*

UNIQUE Workouts

V

1-Mile Time Trial:

10 minute slow warm-up
Going as fast as you can for the entire distance, time yourself while going around the track 4 times or time yourself for a measured 1-mile distance (on GPS device) = 1-Mile Pace
10 minute slow cool-down
*3-Minute Core Workout
**Stretch

W

Self-Care Day:

Today, do actions and activities that feed your soul. Do your art, go on an adventure, read, dance, take a bath...you choose.
Permission granted!
*3-Minute Core Workout
**Stretch

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Recover Day: FILLER Workouts

X

30 minute slow swim, bike, elliptical, roller-blade, yoga, Pilates, kayak, run, or walk
 *3-Minute Core Workout
 **Stretch

Y

45 minute slow swim, bike, elliptical, roller-blade, yoga, Pilates, kayak, run, or walk
 *3-Minute Core Workout
 **Stretch

Z

60 minute slow swim, bike, elliptical, roller-blade, yoga, Pilates, kayak, run, or walk
 *3-Minute Core Workout
 **Stretch

Own it!

-Dr. Melissa McCreery, TooMuchOnHerPlate.com

Calculating Your Paces

Calculating your 1-Mile Pace after doing workout “V”

My 1-Mile Time=

1-Mile Lap Pace (400 meters) = My 1-Mile Time ÷ 4

Time for lap 1 =

Time for lap 2 =

Time for lap 3 =

Time for lap 4 =

Calculating Comfortably Hard Pace (CH Pace) after doing workout “V”

My 1-Mile Time Trial + 40 seconds = My CH Pace

CH Pace (The pace you would keep for your tempo and pacing workouts)

CH Pace ÷ 4 = Your CH Pace for each 400 meters (1 lap of a standard running track)

Time for lap 1 =

Time for lap 2 =

Time for lap 3 =

Time for lap 4 =

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