

5k Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
week 1	10:00 base run	off day	cross train 30:00	15:00 base run	cross train 30:00	15:00 base run	off day	base
week 2	10:00 base run	off day	cross train 30:00	15:00 base run	cross train 30:00	20:00 base run	off day	base
week 3	10:00 base run	off day	cross train 30:00	15:00 tempo run	cross train 30:00	25:00 base run	off day	base
week 4	10:00 base run	off day	cross train 30:00	20:00 base run	cross train 30:00	15:00 base run	off day	recovery
week 5	20:00 base run	off day	cross train 30:00	15:00 tempo run	cross train 30:00	25:00 base run	off day	base
week 6	20:00 base run	off day	cross train 30:00	15:00 tempo run	cross train 30:00	30:00 base run	off day	base
week 7	20:00 base run	off day	cross train 30:00	20:00 tempo run	cross train 30:00	35:00 base run	off day	build
week 8	30:00 base run	off day	cross train 30:00	20:00 base run	cross train 30:00	20:00 base run	off day	recovery
week 9	30:00 base run	off day	cross train 30:00	20:00 tempo run	cross train 30:00	35:00 base run	off day	base
week 10	40:00 base run	off day	cross train 30:00	20:00 tempo run	cross train 30:00	40:00 base run	off day	build
week 11	40:00 base run	off day	cross train 30:00	30:00 tempo run	cross train 30:00	45:00 base run	off day	build
week 12	10:00 base run	off day	cross train 30:00	off day	15:00 base run	off day	race day	taper

Training Key

Base Run	Easy to moderate effort. Heart Rate or Perceived Exertion between 75-80% of max. Course should be mainly flat. Effort very sustainable
Tempo Run	Moderate to hard effort. Strong but sustainable effort with HR or PE between 80-90% of max. Great time for small hills or to push comfort zone slightly
Intervals	Hard to max efforts with equal recovery or longer. Track work, hill repeats and treadmill sets all work great. Efforts well above comfort zone
Cross-Train	Can be anything but running. Cardio machine for 30:00 or a class like cycling, yoga, pilates.