

Training For a 5K

by Sage Rountree, USA Triathlon Certified Coach and Registered Yoga Teacher

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Rest; Yoga or Pilates	Pickups: Run 40 min. with 6 x 30 sec. fast, 2 min. easy between. Follow with Wall Stretches .	30 min. easy or cross-train. Follow with Core and More .	Hills: Run 40 min. with 4 x 45 sec. hard up a hill, walking back down. Follow with Lunge Series .	Rest; include Relax .	Run 40 min. Follow with Standing Stretches .	30 min. easy or cross-train. Follow with Quick Fix .
WEEK 2	Rest; Yoga or Pilates	Pickups: Run 40 min. with 7 x 30 sec. fast, 2 min. easy between. Follow with Wall Stretches .	30 min. easy or cross-train. Follow with Core and More .	Hills: Run 40 min. with 4 x 60 sec. hard up a hill, walking back down. Follow with Lunge Series .	Rest; include Relax .	Run 45 min. Follow with Standing Stretches .	30 min. easy or cross-train. Follow with Quick Fix .
WEEK 3	Rest; Yoga or Pilates	Pickups: Run 40 min. with 8 x 30 sec. fast, 2 min. easy between. Follow with Wall Stretches .	30 min. easy or cross-train. Follow with Core and More .	Hills: Run 40 min. with 4 x 90 sec. hard up a hill, walking back down. Follow with Lunge Series .	Rest; include Relax .	Run 50 min. Follow with Standing Stretches .	30 min. easy or cross-train. Follow with Quick Fix .
WEEK 4	Rest; Yoga or Pilates	Pickups: Run 40 min. with 4 x 30 sec. fast, 2 min. easy between. Follow with Wall Stretches .	30 min. easy or cross-train. Follow with Core and More .	Hills: Run 40 min. with 4 x 45 sec. hard up a hill, walking back down. Follow with Lunge Series .	Rest; include Relax .	Run 40 min. Follow with Standing Stretches .	30 min. easy or cross-train. Follow with Quick Fix .

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WEEK 5	Rest; Yoga or Pilates	Intervals: Run 45 min. with 4 x 3 min. hard, 2 min. easy between. Follow with IT Band Express .	40 min. easy or cross-train. Follow with Core and More .	Tempo: Run 45 min. with 15 min. medium hard. Follow with Pigeon Sequence .	Rest; include Relax .	Run 50 min. Follow with Standing Stretches .	40 min. easy or cross-train. Follow with Core and More .
WEEK 6	Rest; Yoga or Pilates	Intervals: Run 45 min. with 5 x 3 min. hard, 2 min. easy between. Follow with IT Band Express .	40 min. easy or cross-train. Follow with Core and More .	Tempo: Run 45 min. with 20 min. medium hard. Follow with Pigeon Sequence .	Rest; include Relax .	Run 55 min. Follow with Standing Stretches .	40 min. easy or cross-train. Follow with Core and More .
WEEK 7	Rest; Yoga or Pilates	Intervals: Run 45 min. with 5 x 3 min. hard, 1 min. easy between. Follow with IT Band Express .	40 min. easy or cross-train. Follow with Core and More .	Tempo: Run 45 min. with 25 min. medium hard. Follow with Pigeon Sequence .	Rest; include Relax .	Run 60 min. Plan a water stop or two. Wear the clothes you plan to race in. Follow with Standing Stretches .	40 min. easy or cross-train. Follow with Core and More .
WEEK 8	Rest; Yoga or Pilates	Intervals: Run 45 min. with 3 x 3 min. hard, 2 min. easy between. Follow with IT Band Express .	30 min. easy or cross-train. Follow with Core and More .	Taper: Run 30 min. with 3 x 90 sec. comfortably fast. Follow with Pigeon Sequence .	Rest or run 10-15 min; just enough to calm you down. Include Relax .	Race! Include a warm-up of 10 min. with 4 x 20 sec. fast, timed to finish close to the start.	Take an easy walk to work out any stiffness. Follow with Relax .