

Training For a 5K

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

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

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