

# 5K Progression Training Program

## Workouts that focus on running the entire 5K

- Don't wait to take walk breaks. By alternating walking and running from the beginning, you speed recovery without losing any of the endurance effect of the long one. Start with jogging one to two minutes and walking 2-3 minutes. As your training level increases you can adjust your run/walk ratio to running 5 minutes, walking one minute on your long runs.
- Be sure to do the running portion slow enough at the beginning of every run (especially the long run) so that you'll feel tired but strong at the end. The conservatism will allow you to recover faster.
- Every other day you can cross train instead of walking.
- Stay conversational on all of your exercise sessions. This means that you should be exerting yourself at a low enough level that you can talk. It's okay to take deep breaths between sentences, but you don't want to "huff and puff" between every word.
- As the runs get longer, be sure to keep your blood sugar boosted by eating an energy bar (or equivalent) about an hour before exercise. Drink water continuously before and during exercise and with all food.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 – February 8-14	Walk or XT (30m)	Run 10-15 minutes	Walk or XT (30m)	1.5 mile run Run 20 min	Walk or XT (30m)	1 mile run	Off
2 – February 15-21	Walk or XT (30m)	Run 15-20 minutes	Walk or XT (30m)	Run 20 minutes	Walk or XT (30m)	1.5 mile run	Off
3 – February 22-28	Walk or XT (30m)	Run 15-20 minutes	Walk or XT (30m)	Run 20-25 minutes	Walk or XT (30m)	1.5 mile run	Off
4 – March 1-7	Walk or XT (30m)	Run 20-25 minutes	Walk or XT (30m)	Run 20-25 minutes	Walk or XT (30m)	2 mile run	Off
5 – March 8-14	Walk or XT (30m)	Run 20-25 minutes	Walk or XT (30m)	Run 20-25 minutes	Walk or XT (30m)	2 mile run	Off
6 – March 15-21	Walk or XT (30m)	Run 25-30 minutes	Walk or XT (30m)	Run 20-25 minutes	Walk or XT (30m)	2.5 mile run	Off
7 – March 22-28	Walk or XT (30m)	Run 25-30 minutes	Walk or XT (30m)	6 x 200m intervals	Walk or XT (30m)	3.0 mile run	off
8 – March 29-April 4	Walk or XT (30m)	30 minutes @ track intervals	Walk or XT (30m)	Run 25-30 minutes	Walk or XT (30m)	3.5 mile run	off
9 – April 5-11	Walk or XT (30m)	Run 30-35 minutes	Walk or XT (30m)	Run 30-35 minutes	Walk or XT (30m)	3 mile run	off
10 – race week April 12-17	Walk or XT (30m)	Run 30-35 minutes	Walk or XT (30m)	Run 20-25 minutes	Rest Day	<b>Race Day!</b>	Off

- For timed runs or mileage runs: combine walking when needed. A good ratio is 4 minutes jogging to 1 minute walking. On the Saturday long runs, keep the pace slow, walk if needed, you are going for time not distance. On the "Rest or easy run" days, this can also be cross-training, other sports, fast walking, hiking, etc.
- XT stands for cross training.
- Make sure you adequately warm-up with either easy jogging or fast walking for 3-5 minutes.
- Tempo runs should combine easy and hard paces. You can vary the timing, such as, 5 minutes easy then 5 minutes hard.
- Interval workouts usually include one lap at a fast/hard pace, then a recovery lap.
- m = meters on the track
- Include a 10 minute warm-up and cool down with interval/track workouts.

## Workouts for increasing speed and decreasing 5K Time

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 – February 8-14	2 miles or XT	XT	Rest or easy run	1.5 mile run	XT or rest	2 miles	30 minutes
2 – February 15-21	2 miles or XT	XT or rest	Rest or easy run	25 minute Tempo Run	XT or rest	2 miles	35 minutes
3 – February 22-28	2.5 miles or XT	XT	Rest or easy run	30 minute Tempo Run	Rest or easy run	2.5 miles	45 minutes
4 – March 1-7	3 miles or XT	6x400m	Rest or easy run	8x200m intervals	Rest	3 miles	45 minutes
5 – March 8-14	3 miles or XT	8x200m	Rest or easy run	30 minute tempo run	Rest	3 miles	50 minutes
6 – March 15-21	3 miles or XT	7x400m	Rest or easy run	35 minute Tempo Run	Rest	3 miles	55 minutes
7 – March 22-28	3 miles or XT	8x400m	Rest or easy run	40 minute Tempo Run	Rest	3 miles	60 minutes
8 – March 29-April 4	3 miles or XT	6x200m	Rest or easy run	30 minute tempo run	Rest	3 miles	60 minutes
9 – April 5-11	3 miles or XT	8x200m	Rest or easy run	Practice 5K	Rest	3 miles	60 minutes
10 – race week April 12-17	2 miles or XT	3 mile Tempo run	Rest	20-25 minute run	Rest or easy run	<b>Race Day!</b>	Rest or XT

- XT stands for cross training.
- Make sure you start each workout with a 3-5 minute warm-up either easy jogging or fast walking.
- Tempo runs should combine easy and hard paces. You can vary the timing, such as, 5 minutes easy then 5 minutes hard.
- Interval workouts usually include one lap at a fast/hard pace, then a recovery lap.
- m = meters on the track
- Include a 10 minute warm-up and cool down with interval/track workouts.
- Tempo runs should combine easy and hard paces. You can vary the timing, such as, 5 minutes easy then 5 minutes hard.
- Interval workouts usually include one lap at a fast/hard pace, then a recovery lap.
- Long runs can incorporate walking if needed.
- Instead of long runs on Sundays, these can also be cross-training days.

**For more information about 5K Training, check out the following website:**

<http://www.jeffgalloway.com/index.html>

*Running Injury Free with Jeff Galloway*

Tons of information

Go to "Training", link just under title

Click on 5K/10K training link to view workouts