




5K Training Plan for Experienced Runners



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10/1 – 10/7	Run 3 miles	4 x 400	Rest or Easy Run	25 min tempo	Rest	Run 3 miles fast	Run 60 min
10/8 – 10/14	Run 3 miles	5 x 400	Rest or Easy Run	30 min tempo	Rest	Run 4 miles fast	Run 60 min
10/15 – 10 / 21	Run 3 miles	8 x 200	Rest or Easy Run	30 min tempo	Rest	Run 4 miles fast	Run 65 min
10/22 – 10/28	Run 3 miles	6 x 400	Rest or Easy Run	35 min tempo	Rest	Run 5 miles fast	Run 70 min
10/29 – 11/4	Run 3 miles	9 x 200	Rest or Easy Run	35 min tempo	Rest or Easy Run	Rest	5K Test
11/5 – 11/11	Run 3 miles	7 x 400	Rest or Easy Run	40 min tempo	Rest	Run 5 miles fast	Run 75 min
11/12 – 11/18	Run 3 miles	10 x 200	Rest or Easy Run	40 min tempo	Rest	Run 6 miles fast	Run 85 min
11/19 – 11/25	Run 3 miles	8 x 200	Rest or Easy Run	45 min tempo	Rest	Run 6 miles fast	Run 90 min
11/26 – 12/2	Run 2 miles	6 x 200	30 min tempo	Rest	Rest	GRIZZLIES HOUSE 5K! 	Rest!

For additional tips and advice on walking, running, stretching, planning, training, scheduling, and racing, please refer to the 5K Training General Information Sheet.

This advanced running program is adapted from Hal Higdon, a legendary running coach. The original program, details about it, and other tips and thoughts from Higdon can be found at: <http://www.halhigdon.com/5K%20Training/5-Kadv.htm>



5K Walking Plan for Experienced Runners Notes, Tips, Clarifications, and Things to Keep In Mind



If you run fairly regularly and feel like you're ready to kick your training and performance up a notch, then this program is for you. It's challenging and demanding to help you achieve maximum performance on race day. Runners who choose this program should have a few races under their belts and should be used to running 4 or 5 days per week.

Unlike many other training plans, this plan does not include cross-training. If you would still like to cross-train, then it's suggested that you do in place of the scheduled workout on Monday or Wednesday. Make sure your cross-training is complimentary to your running and challenges your cardiovascular endurance while giving your body a break from the rigors of running. Swimming and biking (including Spinning classes) are good choices.

This plan is intense. If you need an additional rest day, then take it. The build in mileage and intensity is gradual, as with other training plans, but you should always listen to your body.

- ✦ **"Run"** days are taken at a relatively easy pace. You should be able to converse with a running partner. Don't worry about your speed on these days. Think of them as comfortable, easy, and enjoyable.
- ✦ **"Fast"** days should have a slightly faster pace. It's different for everybody, but you'll find your own. You may get slightly out of breath, but don't go so fast that you can't cover the scheduled distance. Stay steady. Make sure you're properly warmed up.
- ✦ **"Long Runs"** on Sundays should be easy, comfortable, and fun. If you need to stop to walk, stretch, drink water, or admire some scenery, do it! Don't concern yourself with distance. In fact, Higdon recommends that you use these workouts to run in new places that don't necessarily have mile markers. These days are mental training as much as they are physical! Take this time to yourself and enjoy it. Don't push.
- ✦ **Intervals and "Tempo" Runs** are your time to push. On Tuesdays, your **interval** days, you'll run at a pace slightly faster than your planned pace for the 5K for a distance, either 400 or 200 yards, and then jog at an easier pace to recover for the same distance. Repeat these intervals according to the plan – 4 times, for instance, for 400 meters, or up to 10 times for 200 meters. On Thursdays, you'll do **tempo** runs according to time rather than distance. Start at an easy pace, then build to a faster pace, but still slightly slower than your anticipated pace for the 5K. Hold at the faster pace, then back down again to complete your run. Follow your body's lead on tempo runs. For both of these workouts, it's essential that you warm up and cool down properly and thoroughly. Start by running an easy mile (or two), then do your workout, then close with an easy jog.
- ✦ **Rest!** Take your rest days seriously, and take more if you need them. In addition, make sure you're well-fed and properly hydrated not just when you're running and on challenging workout days, but all the time.

