

# Race Season

## 5K Plan - 6 Weeks

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### Plan Objectives

1. Get prepared for the specific demands of the race
2. Keep strong mentally and physically to get to that start line ready to fly!
3. Maintain strength and mobility.

### 6 Week Schedule

Here is a sample of a good weekly breakdown

Sunday	<i>Day off to absorb training and set your week up for success!</i>
Monday	Strength/Mobility
Tuesday	<b>Run Workout 1</b>
Wednesday	Strength/Mobility
Thursday	<b>Run Workout 2</b>
Friday	<i>Day off to prep for long run</i>
Saturday	<b>Long Run - Easy</b>

## Plan Notes:

- This plan assumes you can run for a minimum of 15-20mins continuous currently
- Make sure you go easy when not doing intervals, easy pace should be conversational. Many runners get stuck in the grey zone which is an intensity that isn't hard enough to obtain fitness benefits but taxing enough to zap your legs for the intense workouts.
- **Run Workouts:** improve run efficiency and vo2 max to help increase speed.
- **Long Runs:** key for developing aerobic base as all the events 5K-Marathon are predominantly aerobic events! Increase your aerobic capacity and you will improve across all distances.
- **Easy Runs:** a great way to add mileage, work on run form and improve aerobic capacity.
- **Warmup & Cooldown:** Always perform at least 5-15mins of easy riding, running or swimming before (warmup) and after (cooldown) your intervals

## RPE Scale - "How hard the effort feels"

Effort	RPE out of 10
Very Easy	2-3
Easy	4-5
Moderate	6
Steady	7
Tempo	8
Hard	9
Very Hard	9.5-10

## 6 Week Plan

Week	Run Workout 1 - Vo2	Run Workout 2 - Threshold	Easy Long Run
1	25-35mins w/ 10x(30seconds hard, 1min easy)	25-35mins w/ 4-5x (3mins tempo-hard, 2mins easy)	25-35mins easy
4	25-30mins w/ 8x(45seconds hard, 1min easy)	25-35mins w/ 3-4x (4min tempo-hard, 2mins easy)	25-35mins easy
5	25-35mins w/ 12x(1min hard, 90seconds easy)	25-35mins w/ 2-3x (6min tempo, 3mins easy)	30-35mins easy
6	25-35mins w/ 7x(2mins hard, 2mins easy)	25-35mins w/ 1-2x(9min tempo, 4mins easy)	35-40mins easy
7	25-35mins w/ 5x(3mins hard, 2mins easy)	25-35mins with 15-20min tempo	35-40mins easy
8	25-30mins with 3x1mins at race pace	20mins with 4x30s at race pace	<b>RACE DAY!</b>