

5K RUN PROGRAM

12-WEEK TRAINING GUIDE



INITIAL MILE



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12-WEEK 5K RUN TRAINING PROGRAM

TRAINING DETAILS

Who's this for?

All levels

Equipment Required:

Pull-Up Bar | Dumbbells | Plyo Box

Program Focus:

Build run foundation. Increase overall endurance. Complete a 5k race.

BEGINNER LEVEL: TRAIN IN LOW RPE RANGE

INTERMEDIATE: TRAIN BETWEEN LOW/MID RPE RANGE

ADVANCE: TRAIN IN HIGHEST RPE RANGE

References:

American College of Sports Medicine
80/20 Running by Matt Fitzgerald
Method to the Madness by Rob Maxwell

WEEK 1-2: BUILD CONSISTENCY

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
WALK/JOG 10-20 MIN. EASY PACE RPE: 2-3	TOTAL BODY WEIGHT TRAINING WORKOUT	REST	TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 10-20 MIN. EASY PACE RPE: 2-3	REST

The goal for weeks 1-2 is to ease into the program, acclimate your body to overall movement, build strength and give the body time to adapt to a complete training program.

WEEK 3-4: BUILD RUN FOUNDATION AND MUSCULAR STRENGTH

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
WALK/JOG 15-25 MIN. EASY PACE RPE: 2-3	TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 15-25 MIN. EASY PACE RPE: 2-3	TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 15-25 MIN. EASY PACE RPE: 2-3 OR REST	WALK/JOG 1-2.5 MILES MODERATE RPE: 4-6 Non-Training Day = Rest Day

The goal for weeks 3-4 is to incorporate weekend “long runs”. Warriors will continue to incorporate weight training to build overall muscular strength.

WEEK 5-6: BUILD RUN FOUNDATION AND MUSCULAR ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
WALK/JOG 20-30 MIN. EASY PACE RPE: 3-4	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE: 6-8	TOTAL BODY CAL/X	WALK/JOG 20-30 MIN. EASY PACE RPE: 3-4 OR REST	WALK/JOG 1.5-3 MILES MODERATE RPE: 4-6 Non-Training Day = Rest Day

The goal for weeks 5 and 6 is to decrease the amount of walking and include more jogging and running into each run session. Warriors will be introduced to “speed work” and calisthenics.

WEEK 7-8 BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
JOG/RUN 30-40 MIN. EASY PACE RPE: 3-4	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE: 6-8	TOTAL BODY CAL/X	JOG/RUN 30-40 MIN. EASY PACE RPE: 3-4 OR REST	JOG/RUN 2-3.5 MILES MODERATE RPE: 4-6 Non-Training Day = Rest Day

The goal for weeks 7 and 8 is to continue increasing the volume of overall endurance work.

WEEK 9-10: BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
RUN 30-45 MIN. MODERATE RPE: 4-6	TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE: 8-10	TOTAL BODY CAL/X	RUN 30-45 MIN. MODERATE RPE: 4-6 OR REST	RUN 2.5-4 MILES MODERATE RPE: 4-6 Non-Training Day = Rest Day

The goal for weeks 9 and 10 is to continue maintaining your muscular endurance and take your training to the next level through longer and more intense run sessions. Warriors will continue calisthenics workouts based on their current fitness level to maintain muscular endurance, strength and mobility.

WEEK 11: PRE-TAPER

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
RUN 20-30MIN. EASY PACE RPE:3-4	REST	RUN 20-30MIN. EASY PACE RPE:3-4	REST	RUN 20-30 MIN. EASY PACE RPE:3-4	RUN 2-3 MILES EASY PACE RPE:3-4 Non-Training Day = Rest Day

The goal for week 11, is to maintain cardiovascular endurance and allow your muscles to recover by removing your calisthenics training.

WEEK 12: TAPER AND RACE WEEK

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
SPRINT WORKOUT MODERATE RPE:6-7	REST	RUN 20-30MIN. EASY PACE RPE:2-3	REST	RUN 10-20 MIN. EASY PACE RPE:2-3	5K RUN DAY

The goal for this final week is to taper and allow sufficient mental and physical recovery time before your 5k run! This week will include one last sprint session at the beginning of the week to re-introduce and remind yourself of the “quick stride” feeling.

SAMPLE WORKOUTS

Walk/Jog Workout Sample

Option 1:

Alternate between
Walk - 60 seconds
Jog - 60 seconds

Option 2:

Alternate between
Walk - 30 seconds
Jog - 30 seconds

Option 3:

Alternate between
Walk - 60 seconds
Jog - 15 seconds

Option 4:

Alternate between
Walk - 45 seconds
Jog - 15 seconds

Option 2:

Alternate between
Walk - 20 seconds
Jog - 40 seconds

Option 3:

Alternate between
Walk - 15 seconds
Jog - 45 seconds

Speed Workout Sample

Rest 15-45 sec.
between each sprint

Sprint 1: 10 sec.
Sprint 2: 20 sec.

Sprint 3: 30 sec.
Sprint 4: 40 sec.

Sprint 5: 50 sec.
Sprint 6: 60 sec.

Sprint 7: 60 sec.
Sprint 8: 50 sec.

Sprint 9: 40 sec.
Sprint 10: 30 sec.

Sprint 11: 20 sec.
Sprint 12: 10 sec.

CAL/X Sample

Complete workout in circuit format for 3-4 rounds. Rest 15-30 sec. between each exercise and 30-60 sec. between rounds. Complete each exercise for 45-60 sec.

1. Push-Up to T-Twist
2. Box Jumps
3. Pull-Up or Dead Hang
4. Lateral Lunge
5. Mt. Climbers

Weight Training

Complete workout in sequential format for 3-4 rounds. Rest 15-30 sec. between each exercise and rest 30-60 sec. between rounds. 10-12 Reps. each exercise. Use medium-heavy weight.

1. DB Chest Press
2. DB Renegade Row
3. DB Shoulder Press
4. DB Step Up
5. DB Hip Bridge
6. Plank Hold (15-60 sec.)

FAQ's

What is CAL/X?

CAL/X is our abbreviated version for calisthenics. Calisthenics are exercises performed without external weights and only using our body weight.

What is Taper?

Taper is a term used in the endurance world that represents the week(s) before race day. During this week, training sessions and intensity decrease to allow recovery before race day.

What if an exercise is too difficult and I can't complete it?

No worries! Everyone has to start somewhere. Regress each exercise as needed.

Should I run outdoors or on a treadmill?

Running outdoors or on a treadmill can provide different benefits however, running on a treadmill will make you feel like you're running faster than you really are.

What is RPE?

RPE stands for rate of perceived exertion. This is used to measure how hard your body works during physical activity based on a scale from 1-10. 1 being the easiest and 10 being most strenuous.

I missed a training session. Should I try to make it up somewhere in the week?

That's ok! If you can find another day to complete the training to accommodate your schedule, great! Go for it. However, life happens. If you can't find another day to make it up, that's ok as well. Continue on with the program and do the best you can to remain consistent.

How many times should I stretch or do yoga in the week?

Working on your flexibility and mobility should be completed on a daily basis.

What type of warm-up should I complete before each workout?

Complete a dynamic warm-up before each workout rather than static stretching and include moving in all planes of motion.

How long should I warm-up for?

Warm-up until your body reaches a near sweat.

