

5K HYBRID WARRIOR

16-WEEK TRAINING GUIDE

ADAPT. EVOLVE. ASCEND.



RUN. LIFT. FIGHT. TRANSFORM INTO THE WARRIOR OF YOUR UNIVERSE



INITIAL MILE



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16-WEEK 5K HYBRID 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 endurance and strength. Improve overall movement.

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
TOTAL BODY WEIGHT TRAINING WORKOUT	REST	WALK/JOG 10-20 MIN. EASY PACE RPE:2-3	REST	K/BOXING WORKOUT	REST

The goal for weeks 1-2 is to give your body time to adapt to a complete training program.

WEEK 3-4: BUILD RUN FOUNDATION AND MUSCULAR STRENGTH

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 15-30 MIN. EASY PACE RPE:2-3	TOTAL BODY WEIGHT TRAINING WORKOUT	WALK/JOG 15-30 MIN. EASY PACE RPE:2-3	K/BOXING WORKOUT	WALK/JOG 1-2 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 and kickboxing to train endurance and mobility.

WEEK 5-6: BUILD RUN FOUNDATION AND MUSCULAR ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:6-8	TOTAL BODY CAL/X	WALK/JOG 20-30MIN. EASY PACE RPE:3-4	K/BOXING WORKOUT	WALK/JOG 1.5-2.5 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 7-10 BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:6-8	TOTAL BODY CAL/X	JOG/RUN 30-45 MIN. EASY PACE RPE:3-4	K/BOXING WORKOUT	JOG/RUN 2-3 MILES MODERATE RPE:4-6 Non-Training Day = Rest Day

The goal for weeks 7 to 10 is to continue increasing the volume of overall endurance work.

WEEK 11-12: BUILD SPEED AND ENDURANCE

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
TOTAL BODY WEIGHT TRAINING WORKOUT	SPRINT WORKOUT MOD.-HARD RPE:8-10	TOTAL BODY WEIGHT TRAINING WORKOUT	RUN 30-45 MIN. EASY PACE RPE:3-4	K/BOXING WORKOUT	RUN 2.5-3.5 MILES MODERATE RPE:4-6 Non-Training Day = Rest Day

The goal for weeks 11 to 12 is to continue maintaining your muscular endurance and take your training to the next level through longer run sessions. Warriors will transition into weight training to prevent potential plateauing.

WEEK 13-14: BUILD ENDURANCE AND SPEED

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
TOTAL BODY CAL/X	SPRINT WORKOUT MOD.-HARD RPE:8-10	TOTAL BODY CAL/X	RUN 45-60 MIN. EASY PACE RPE:3-4	K/BOXING WORKOUT	RUN 3-4 MILES MODERATE RPE:4-6
					Non-Training Day = Rest Day

The goal for weeks 13-14 is to continue training strength and endurance before the final push. Warriors will transition back into calisthenics training to maintain strength and mobility.

WEEK 15: FINAL PUSH

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
REST	SPRINT WORKOUT MODERATE RPE:6-7	REST	SPRINT WORKOUT MODERATE RPE:6-7	RUN 20-30 MIN. EASY PACE RPE:3-4 OR REST	RUN 2-3 MILES EASY PACE RPE:3-4
					Non-Training Day = Rest Day

The goal for week 15 is to give your last, full effort in your workouts before you begin to transition into your taper week.

WEEK 16: TAPER AND RACE WEEK

MON.	TUES.	WED.	THURS.	FRI.	WEEKEND
RUN 20-30MIN. EASY PACE RPE:2-3	REST	RUN 20-30MIN. EASY PACE RPE:2-3	REST	RUN 10-20 MIN. EASY PACE RPE:2-3 OR REST	5K HYBRID RUN DAY

The goal for this final week is to taper and allow sufficient mental and physical recovery time before your main event!

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 30-90 sec.
between each sprint

Sprint 1: 1 minute
Sprint 2: 2 minutes
Sprint 3: 3 minutes

Sprint 4: 4 minutes
Sprint 5: 5 minutes
Sprint 6: 4 minutes

Sprint 7: 3 minutes
Sprint 8: 2 minutes
Sprint 9: 1 minute

**Decrease speed as
necessary as the time
length of sprint
increases.*

Kickboxing Workout Sample

Complete each round for 2
minutes. Rest 60 seconds
between each round.

Round 1:

Jab + Cross + Hook + Uppercut

Round 2:

Jab + Cross + Knee each leg

Round 3:

*Jab + Cross + Hook + Uppercut +
Push Kick each leg*

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. Skater + Burpee
2. Pull-Up or Renegade Row
3. Box Jumps
4. Pike Push-Ups
5. Bear Crawls

Weight Training

**Complete workout in
sequential format for 3-4
rounds. Rest 15-30 sec.
between each exercise and
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

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.

What is "Hybrid" Training?

Hybrid training can help warriors not only run but build overall endurance, increase muscular strength, increase agility and power and improve body mobility.

