

# 5K TRAINING

The **5k** is a popular running distance also known **5K** ("**five-K**"). 5K" usually refers to a roadrace or cross country event. While mainly run as an outdoor event

Much of the distance's popularity is due to the challenge it offers to both novices and accomplished professionals. It is a distance race that demands a great deal of aerobic endurance. Whilst speed is necessary, tactics also play a key role, and the combination makes it attractive to many

Doing a 5K run can add a new level of challenge and interest to your exercise program. A 5K run is 3.1 miles. Don't be daunted by the distance. A 5K run is a great distance for a beginner. And you can prepare for a 5K run in just two months

Running a 5K is an excellent goal for new runners. You'll get lots of motivation, as well as enjoyment, from participating in a race, and 5K (3.1 miles) is the perfect distance for first-timers. Even if you're a couch potato, you can be ready for a 5K in a couple of months.

If you're interested in running or run/walking a 5K, here are some [free 5K training programs](#).

## 5-K Training Guide - Beginner Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1 mi run	CT or Rest	1 mi run	Rest	1.5 mi run	20-30 min run or CT
2	Rest	1.5 mi run	CT or Rest	1.5 mi run	Rest	1.75 mi run	20-30 min run or CT
3	Rest	2 mi run	CT or Rest	1.5 mi run	Rest	2 mi run	20-30 min run or CT
4	Rest	2.25 mi run	CT or Rest	1.5 mi run	Rest	2.25 mi run	25-35 min run or CT
5	Rest	2.5 mi run	CT or Rest	2 mi run	Rest	2.5 mi run	25-35 min run or CT
6	Rest	2.75 mi run	CT	2 mi run	Rest	2.75 mi run	35-40 min run or CT
7	Rest	3 mi run	CT	2 mi run	Rest	3 mi run	35-40 min run or CT
8	Rest	3 mi run	CT or Rest	2 mi run	Rest	Rest	5K Race!

## Improve Your 5-K Times

**Run:** When the schedule says "run," I suggest you run at an easy pace.

**Fast:** For several of the Saturday runs, you should really go at about 80% but it all depends on your comfort level.

**Long Runs:** go for about a 6-7 mile run and don't worry about speed just enjoy the run

**Interval Training:** To improve speed, you sometimes need to train at a pace faster than your race pace for the 5-K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters

**Tempo Runs:** This is a continuous run with an easy beginning, a buildup in the middle to near 10-K race pace, then ease back and cruise to the finish. A typical tempo run would begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down.

**Stretch & Strengthen:** An important addendum to any training program is stretching. Don't overlook it--particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a Health Club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron.

**Racing:** Some racing is useful in helping you to peak. Consider doing some other races at 5-K to 10-K distances to test your fitness.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	5 x 400	3 m run	Rest	3 m run	5 m run
2	Rest	3 m run	30 min tempo	3 m run	Rest	3 m fast	5 m run
3	Rest	3 m run	6 x 400	3 m run	Rest	4 m run	6 m run
4	Rest	3 m run	35 min tempo	3 m run	Rest	Rest	<b>5-K Test</b>
5	Rest	3 m run	7 x 400	3 m run	Rest	4 m fast	6 m run
6	Rest	3 m run	40 min tempo	3 m run	Rest	5 m run	7 m run
7	Rest	3 m run	8 x 400	3 m run	Rest	5 m fast	7 m run
8	Rest	3 m run	30 min tempo	2 m run	Rest	Rest	<b>5-K Race</b>

## How to Train for **Maximum Performance**

**IF YOU'RE A SEASONED RUNNER**, an individual who has been running for several years and who has run numerous 5-K races and races at other distances, there comes a time when you want to seek maximum performance. Regardless of your age or ability, you would like to run as fast as you possibly can. You want a training program that will challenge you. Here it is!

Let me state what you probably know already. To achieve maximum performance, you need to improve your endurance and your speed. You can do this by (1) running more miles, (2) running faster, or (3) some combination of both. You Need to be atleast at 20-30 miles per week and runung 4-5 times a week

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	3 m run	5 x 400	Rest or easy run	30 min tempo	Rest	4 m fast	60 min run
2	3 m run	8 x 200	Rest or easy run	30 min tempo	Rest	4 m fast	65 min run
3	3 m run	6 x 400	Rest or easy run	35 min tempo	Rest	5 m fast	70 min run
4	3 m run	9 x 200	Rest or easy run	35 min tempo	Rest or easy run	Rest	<b>5-K Test</b>
5	3 m run	7 x 400	Rest or easy run	40 min tempo	Rest	5 m fast	75 min run
6	3 m run	10 x 200	Rest or easy run	40 min tempo	Rest	6 m fast	85 min run
7	3 m run	8 x 400	Rest or easy run	45 min tempo	Rest	6 m fast	90 min run
8	2 m run	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	<b>5-K Race</b>

