



eNeRGy WaLk/RUN



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eNeRGy WaLk/RUN

Beginner to 5K
Training Manual



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Resources used to create this Training Manual include:

- Halhigdon.com
- Runnersworld.com
- Sportsbackers.org
- Activeswv.org

You are encouraged to utilize these resources during your training as well.

*All participants are required to sign an Active Southern West Virginia liability waiver before they can participate in an Active SWV race event.

Week 8:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

“You have to push past your perceived limits, push past that point you thought was as far as you could go.” –Drew Brees

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: You're almost there, this is what you have been training for nearly 6 months to accomplish. You're best pace is around the corner. Make sure to start off with a good manageable pace, don't race out of the gate. Be realistic with yourself and make sure the goal you have is within reach, even if it isn't the goal you set 6 months or 8 weeks ago. Evaluate how your training went and set your race day goal based on the reality of your training.

Week 7:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

**“Don’t be afraid of failure.
This is the way to succeed.”
-LeBron James**

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

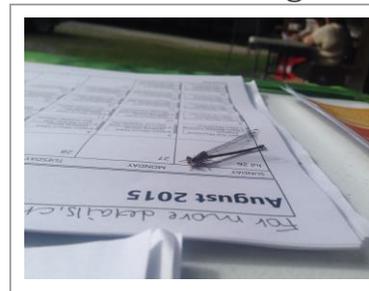
Pace: _____

Notes: _____

Training Tip: Don’t forget the benefits of cross-training! If you’re feeling sore or tired, switch it up and try swimming or cycling instead of running. Team sports can also be a good alternative to a running day. Weight training could also be a good alternative for a light day, make sure to keep the weight low and instead do high repetitions. Make sure when you are cross-training to keep your intensity low so you don’t get too sore for your running days.

Our Goals

Provide a Training Schedule



We will provide 5K training schedules that will take you from a beginning runner to an intermediate competitor to an advanced winner. This booklet will also provide supporting information regarding nutrition, clothing, and other essential tips that will facilitate development into a strong, efficient runner.

Celebrate Active Lifestyles

Active Southern West Virginia strives to improve the health of all southern West Virginians by increasing opportunities for active lifestyles. Active SWV provides an network of interconnected programs and initiatives including Community Captains, Kids Run Clubs, Bike/Walk, Workplace Wellness, and Special Events. A healthy and active community will attract new businesses, tourism and jobs while developing a proud culture of wellness and physical activity in southern West Virginia. For more information on our programs or to check out our calendar of events, visit www.activeswv.org.

Commitment:

*I, _____,
give my promise to try my hardest
to prepare, show up, push myself, try
new things, smile, feel pride for
showing up, support others,
encourage others whenever
possible, go the extra step, run with
safety in mind at all times, compete
in one of the running events and be
my own biggest fan.*



Week 6:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

**“If something stands
between you and your
success, move it.**

Never be denied.”

-Dwayne Johnson

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: Don't let a rainy day, chilly morning, or wind deter you from your run. It is important to train in conditions you could experience on race day. The same goes for making sure you test different clothing to find what will work best for you on race day and make sure to train carrying your water if you carry your water on race day so that will not be a factor affecting pace.

Week 5:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

“We do not stop exercising because we grow old- we grow old because we stop exercising.”

-Dr. Kenneth Cooper

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: Recovery is very important when adding distance. To avoid injury make sure to start with a warm-up, cool-down and stretch after your run, stay hydrated throughout, and eat within 30 minutes of your run. Make sure you don't run two long days in a row and utilize your rest days! Recovery is as important as your longest runs when it comes to race day preparedness.

5K Races We Are Training For:

eNeRGy WALK/RUN

The eNeRGy 5k Walk/Run invites all residents of the New River Gorge region to celebrate active lifestyles in this free event on May 12th, 2018 at Woodrow Wilson High School. All are welcome.

Event Registration: 9 am

Kids Run Club Fun Run Dash: 9:30 am

5k Walk/Run: 10am

Vendors, yard games, inflatables- fun for the whole family!



The Active SWV Bridge Day 5k is hosted on West Virginia's largest one day festival, Bridge Day! Join us on October 20, 2018 for this event. Registration online, event fee supports Active SWV Kids Run Clubs. activeswv.org

Volunteer Opportunities!

We are always in need of volunteers to help with race day safety, water stations, awards, etc. If you would like to volunteer to help with one of our races please contact Melanie Seiler at mseiler@activeswv.com

Hal Higdon's 5K Novice Training Program

Week	Monday	Tuesday	Wednesday
1	Rest or run/walk	1.5 m run	Rest or run/walk
2	Rest or run/walk	1.75 m run	Rest or run/walk
3	Rest or run/walk	2 m run	Rest or run/walk
4	Rest or run/walk	2.25 m run	Rest or run/walk
5	Rest or run/walk	2.5 m run	Rest or run/walk
6	Rest or run/walk	2.75 m run	Rest or run/walk
7	Rest or run/walk	3 m run	Rest or run/walk
8	Rest or run/walk	3 m run	Rest or run/walk

Week 4:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

-Edward Stanley

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: Missing runs here and there won't make too bad of an impact on your training. Don't punish yourself by making up runs from week to week. If you miss 3 miles this week don't add 3 miles to the next week, instead focus on not missing any scheduled miles for the next week. Don't get in the habit of missing a lot of miles on a weekly basis because that will negatively affect your training and you will likely not perform on race day at your maximum potential.

Week 3:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

**“The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.”
-Anthony Robbins**

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: You are allowed to take breaks during your run! Use stop signs, intersections, and changes in direction as an opportunity to take a quick break instead of jogging in place or pushing on. Quick breaks will improve your long runs and will not negatively affect them.

Thursday	Friday	Saturday	Sunday
1.5 m run	Rest	1.5 m run	30-60 min walk
1.5 m run	Rest	1.75 m run	35-60 min walk
1.5 m run	Rest	2 m run	40-60 min walk
1.5 m run	Rest	2.25 m run	45-60 min walk
2 m run	Rest	2.5 m run	50-60 min walk
2 m run	Rest	2.75 m run	55-60 min walk
2 m run	Rest	3 m run	60 min walk
2 m run	Rest	Rest	5K Race

Week 1:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

**“Any day I am too busy to run is a day that I am too busy.”
-John Bryant**

Monday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: ‘Run/walk’ on your training schedule is very flexible and is meant to be a lower intensity day than your continuous run days, but higher intensity than a rest day. So you can run until you feel fatigued and then walk, alternating between walking and running. You could also utilize this day as a cross training day and instead of run/walk you could go swimming, biking, or even just walk.

Week 2:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

**“I have two doctors, my left leg and my right leg.”
-G.M. Trevelyan**

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: As cooler weather approaches make sure you are making alterations to your typical running clothes. Keep wearing wicking clothing so that your sweat can evaporate and cool you off. Dress in layers so you have the option to shed gear as you run.

Week 1:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

**“A man’s health can be judged by two at a time-pills or stairs.”
-Joan Welsh**

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: On your long distance runs over 4 miles, you want to maintain a comfortable pace and not worry about speed. You should be able to carry on a conversation during these runs and make sure to take breaks to rehydrate and slow your pace. The goal during these runs is just to log the distance, allow your body to get used to these new miles, and don’t forget to make it enjoyable.

Week 2:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

**“Make each day your masterpiece.”
-John Wooden**

Monday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: Warming up is the most important part of your workout. It is not safe practice to start your run cold, so get in the habit of warming up before every run. Try some dynamic warm-ups to get moving. Some examples include: butt kicks, high knees, hip circles, walking lunges, leg swings. Get those muscles warm and you will perform better and reduce your risk for injury!

Week 3:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

“You must expect great things from yourself before you can do them.” –Michael Jordan

Monday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: Dehydration results when fluid loss is greater than fluid intake, so it is vital to reach a healthy balance. Many factors that can affect fluid loss include weather conditions, clothing, individual physiology, and running pace. It is important to make sure to drink an adequate amount of water before your run and if you get thirsty during your run, drink when you are thirsty. A good balance of hydration will result in pale yellow urine.

Thursday	Friday	Saturday	Sunday
3 m run	Rest	3 m run	5 m run
3 m run	Rest	3 m fast	5 m run
3 m run	Rest	4 m run	6 m run
3 m run	Rest	Rest	5K test
3 m run	Rest	4 m fast	6 m run
3 m run	Rest	5 m run	7 m run
3 m run	Rest	5 m fast	7 m run
2 m run	Rest	Rest	5K Race

Hal Higdon's 5K Intermediate Training Program

Week	Monday	Tuesday	Wednesday
1	Rest	3 m run	5 x 400
2	Rest	3 m run	30 min tempo
3	Rest	3 m run	6 x 400
4	Rest	3 m run	35 min tempo
5	Rest	3 m run	7 x 400
6	Rest	3 m run	40 min tempo
7	Rest	3 m run	8 x 400
8	Rest	3 m run	30 min tempo

Week 4:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

**“Out on the roads,
there is fitness and
self-discovery and the
persons we were destined
to be.” -George Sheehan**

Monday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: Safety should be the top priority of every run; you want to make sure you are visible and alert. Start practicing a few of these tips to decrease your risk of injury: always run facing traffic and stay to the shoulder of the road, if it is dark wear a reflective or flashing light, don't run with headphones, be especially alert at intersections, do a cool-down and stretch after your run, and if something hurts stop and start recovery, listen to your body.

Week 5:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

**“Nothing will work unless you do.”
-Maya Angelou**

Monday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: Directly following a run you should start your cool-down. The goal of a safe cool-down is to get your heart rate back down to resting slowly and steadily. If you abruptly stop your workout and your heart rate has a quick decrease down to resting rate, you are at risk of blood pooling in your extremities and an increase in muscle soreness. After your run, slow to a jog or walk for a few minutes and finish with some static stretching.

Week 8:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

**“It’s never too late to become what you might have been.”
-George Eliot**

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: A change of scenery is always great for variation of training. Try some trail running or just a different route than you normally take. It will keep things changing with your body instead of allowing it to adapt to the same conditions it is used to. When you change your route make sure to keep safety in the forefront of your mind, be hyperaware of your surroundings and any unsafe conditions that present themselves on your new route.

Week 7:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“Strength doesn’t come from physical capacity.

**It comes from indomitable will.”
-Mahatma Ghandi**

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: Rest days are as important as your toughest run. Your body uses these rest days to rebuild and replenish itself, this is the day when all the hard work pays off. When you are sore or tired from a long weekend run, your body uses the rest day that follows to rebuild those sore and tired muscles to be stronger than before and even more ready for the next tough run you throw at it. Without the rest days, your body never gets the chance to rebuild.

Week 6:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“There are no shortcuts to anyplace worth going.”

-Beverly Sills

Monday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: What is static stretching? Static stretches are stretches done while stationary, holding the stretch for a 20-30 second count without moving. Static stretches are good for improving flexibility over time if they are done every day. It is not recommended to do these stretches cold as you could injure your muscles or decrease your performance. So static stretching is best done after a dynamic warm up or after your run. An example is a standing hamstring stretch.

Week 7:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“As we run we become.”

-Amby Burfoot

Monday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: Nutritional recommendations are different for everyone. It might be most ideal to eat 2-3 hours before your run so your food has time to digest, however some people find their runs more successful if they eat within 30 minutes of their run. Everyone is different, so that aspect will take some self-experimentation on your part. Regardless of when you eat, you will likely find it best to eat something light with a good amount of carbohydrates.

Week 6:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“Ability is what you are capable of doing.

Motivation determines what you do. Attitude determines how well you do it.” -Lou Holtz

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: It is important to adhere to certain suggestions when training in the summer months. Make sure to choose a good time of day to train, you’ll want to run early in the morning or late in the evening, avoid midday at all costs. You could even opt to train indoors on a few days for a variation in training. Try to stay in shaded areas, off of blacktop, and incorporate plenty of water breaks. Also make sure you are wearing wicking clothing.

Week 5:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

**“The only place ‘success’ comes before ‘work’ is in the dictionary.”
-May Smith**

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: Good running posture means running “up tall” with a slight forward lean at the ankles. Your arms should be loose, swinging at the shoulders and making sure not to shrug your shoulders or have them too tight. Your arms can swing toward your midline, but should not cross the midline. Most importantly, you want to try to avoid a heel-first foot strike. Try to keep your foot strike on the balls of your feet so your center of mass stays over the land.

Week 8:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“What lies before us and what lies behind us are tiny compared to what lies within us.”

-Albert Einstein

Monday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: When it comes to clothing always check the weather before you set out on your run. Stay away from any cotton clothing and try to instead find wicking gear and wool works well in cold weather temperatures. Always go for brighter clothing options whether you are on road or trail to increase your visibility. If running at night, make sure to have a reflective vest or flashing lights to attach to yourself, and a headlamp if you are going on trail.

5K Beginner/Intermediate Training Program

Week	Monday	Tuesday	Wednesday
1	Rest	2 m run	5 x 100
2	Rest	2.5 m run	15 min tempo
3	Rest	3 m run	6 x 100
4	Rest	3 m run	20 min tempo
5	Rest	3 m run	7 x 100
6	Rest	3 m run	25 min tempo
7	Rest	3 m run	8 x 100
8	Rest	3 m run	15 min tempo

Week 4:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

“Most people never run far enough on their first wind to find out they’ve got a second.”

-William James

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: Stretching and strengthening are also important to reach peak performance and are too often overlooked by many runners. Make sure you are finishing your workouts with a good stretching routine and incorporate some push-ups, crunches, or other body-weight exercises into your routine. It would also prove beneficial to utilize weight machines at a gym, make sure to keep weight relatively low with high repetitions.

Week 3:

Plan miles for the week: _____

Actual miles for the week: _____

Total miles for the season: _____

Tuesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Wednesday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Notes: _____

Training Tip: When the schedule just says ‘run’ your goal should be to run at an easy pace. To gauge your pace use your ability converse with your running partner; for these days you are going to want to be able to carry on a conversation with your running partner without getting too out of breath. When the schedule says ‘fast’ you want to push yourself, you shouldn’t be able to carry a conversation with your running partner and it is okay to get out of breath.

“The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move.” –John Wooden

Saturday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Sunday

Plan: _____

Actual: _____

Time: _____

Pace: _____

Thursday	Friday	Saturday	Sunday
3 m run	Rest	1 m run	2 m run
3 m run	Rest	1 m fast	3 m run
3 m run	Rest	2 m run	3 m run
3 m run	Rest	Rest	5K test
3 m run	Rest	2 m fast	4 m run
3 m run	Rest	3 m run	4 m run
3 m run	Rest	3 m fast	4 m run
2 m run	Rest	Rest	5K Race

Week 1:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“Every day is a good day when you run.”

-Kevin Nelson

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: When training for speed, it is helpful to run at a sprint pace for a short period of distance in intervals. So for example, on Wednesday your schedule says ‘5 x 100’. This means sprint for a distance of 100 meters, then jog or walk for 100 meters; repeat this interval cycle 5 times. Make sure before you begin to start with a mile or two run, stretching, and doing some shorter sprints first.

Week 2:

Plan miles for the week: _____
Actual miles for the week: _____
Total miles for the season: _____

“I often hear someone say I’m not a real runner. We are all runners, some just run faster than others. I’ve never met a fake runner.”

-Bart Yasso

Tuesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Wednesday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Saturday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Thursday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Sunday

Plan: _____
Actual: _____
Time: _____
Pace: _____

Notes: _____

Training Tip: A tempo run will begin with an easy running pace at which you could carry on a conversation with your running partners. It will build up to a fast pace in the middle of your run, and then taper back down to end with an easy pace just like you began with. Focus on listening to your body during this type of run, feel the build in pace and then the tapering down of pace and how your body reacts to these changes.