FLY TO THE FINISH

5K TRAINING PLAN

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FLY TO THE FINISH 5K PLAN

1

**PICK YOUR RACE...
TIME OF YEAR, LOCATION,
RACE BUDDIES!**

2

ESTIMATE YOUR 5K FINISH TIME
Use this "race predictor chart" to
put in any recent race time and
predict a 5k time for yourself!
https://runsmartproject.com/calculator/

MY TIME PREDICTION IS:

_____

3

**PICK YOUR TRAINING PLAN BASED
ON YOUR CURRENT MILEAGE:**
PLAN A: 15-25 MILES PER WEEK
PLAN B: 25-35 MILES PER WEEK

Find your paces for intervals based on
your goal time here:
asklaurenfleshman.com/2015/01/pace-chart-for-workouts/
Credit: Believe Journal from Lauren Fleshman, Velo Press

Per mile 5K race pace (RP) = _____

4

**START THIS PLAN 8 WEEKS
BEFORE YOUR HALF**
Have fun! The goal is to fully
prepare yourself for what you're
asking your body to do, so that
race day will not be a surprise.
You will be ready!

TIPS:

START WHERE YOU CURRENTLY ARE WITH YOUR MILEAGE.
Don't make any big jumps! You should not build more than a few miles
from week to week.

BE FLEXIBLE! Every plan changes and it's ok to make modifications
along the way to meet life demands and depending on how your body
is recovering. An extra rest day, a shorter run or a modified workout is
sometimes exactly what you need to be successful at the end of your
training block.

REMEMBER, GOOD THINGS TAKE TIME! Don't overthink a rough day or
week. Focus on consistency, good recovery and enjoying your training.
Nothing has to be perfect.

IF TIME PERMITS, WARM UP! Give Little Wing's Dynamic Warm-Up a try
before your easy runs and workouts to help warm-up the body to prevent
injury and make it easier to run the effort and paces you hope to achieve.
https://www.oiselle.com/blogs/oiselle-blog/dynamic-warmup-littlewing

ADD STRIDES! On workout days, add in 3-5 x 15-20 sec pick-up strides in
the last half mile of your warm-up to help your legs feel awake and more
prepared to run faster paces in the workout.

WORKOUT DESCRIPTIONS Hills, fartleks, tempos - get all the details here.
https://www.oiselle.com/pages/running-concepts

FIND YOUR PACE. On track workout's that list 5k-3k race pace, look at the
pace chart to find your approximate (current) 5k race time. That is the
pace you can begin your intervals, with the goal of slowly cutting down in
pace each interval until you get to your goal 5k race time (or slightly faster
if it states to aim for 3k race pace towards the end).

MAKE SURE YOU'RE IN A GOOD PAIR OF RUNNING SHOES! Find a local
running store with knowledgeable shoe experts, know your category of
shoe (stability, neutral, cushion, minimal, etc) and keep track of the total
miles on your shoes to know when they will need to be replaced. How long
a shoe lasts really depends on the shoe and the person! On average a shoe
will last around 300-500 miles, so I recommend keeping track of mileage
and paying attention to any wear and tear or added lower leg soreness as
cues it's time to switch up your shoes.

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5K TRAINING PLAN
PLAN A: CURRENTLY RUNNING 15-25 MILES PER WEEK

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	DAY OFF	EASY RUN (2-3M) + STRIDES (4 X 20SEC) + THE DOZEN	WORKOUT (4-5M): 1-1.5M WU JOG + 6 X 45 SEC HILL W/ EASY JOG DOWN RECOVERY + 4 X 30 SEC HILL W/ EASY JOG DOWN RECOVERY + 1-1.5M CD	RECOVERY RUN (2-3M)	XT (30-60') + THE DOZEN	EASY RUN (2-3M)	LONG RUN (6-7M) WEEK TOTAL: 16-21 MILES
WEEK 2	DAY OFF	EASY RUN (3-4M) + STRIDES (5 X 20 SEC) + THE DOZEN	WORKOUT (5-6M): 1-1.5M WU JOG + 3 X 3:00-2:00-1:00 FARTLEK W/ EQUAL RECOVERY + 1-1.5M CD	RECOVERY RUN (2-3M)	XT (30-60') + THE DOZEN	EASY RUN (3-4M)	LONG RUN (6-7M) WEEK TOTAL: 19-24 MILES
WEEK 3	DAY OFF	EASY RUN (3-4M) + STRIDES (6 X 20 SEC) + THE DOZEN	WORKOUT (5-6M): 1-1.5M WU JOG + 2M TEMPO + 5:00 EASY JOG OR WALK +4-6 X 30 SEC HILL W/ EASY (MILE RP FEEL) JOG DOWN RECOVERY + 1-1.5M CD	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY RUN (3-4M)	LONG RUN (7-8M) WEEK TOTAL: 21-26 MILES
WEEK 4	DAY OFF	EASY RUN (3-4M) + STRIDES (7 X 20 SEC) + THE DOZEN	WORKOUT (6-7M): 1-1.5M WU + 3 X 200M @ MILE RP W/ 200R + 6 X 400M @ 5K-3K RP W/ 400R + 3 X 200M @ MILE RP W/ 200R + 1-1.5M CD	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY RUN (4-5M)	LONG RUN (7-8M) WEEK TOTAL: 23-28 MILES
WEEK 5	DAY OFF	EASY RUN (4-5M) + STRIDES (8 X 20 SEC) + THE DOZEN	WORKOUT (6-7M): 1-1.5M WU JOG + 2-2.5M TEMPO + 5:00 EASY JOG OR WALK+ 4-6 X 1:00 ON/1:00 OFF + 1-1.5M CD	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY RUN (4-5M)	LONG RUN (7-8M) WEEK TOTAL: 24-29 MILES
WEEK 6	DAY OFF	EASY RUN (4-5M) + STRIDES (8 X 20 SEC) + THE DOZEN	WORKOUT (7-8M): 1-1.5M WU JOG + 2 X 200M @ MILE RP W/ 200R + 4 X 800M @ 5K-3K RP W/ 400R + 2 X 200M @ MILE RP W/ 200R + 1-1.5M CD	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY RUN (4-5M)	LONG RUN (8-9M) WEEK TOTAL: 26-31 MILES
WEEK 7	DAY OFF	EASY RUN (4-5M) + STRIDES (6 X 20 SEC) + THE DOZEN	WORKOUT (6-7M): 1-1.5M WU JOG + 2 X 200M @ MILE RP W/ 200R + 4 X 1000M @ 5K-3K RP W/ 400R + 1 X 200M FAST + 1-1.5M CD	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY RUN (4-5M)	LONG RUN (6-7M) WEEK TOTAL: 23-28 MILES
WEEK 8	DAY OFF	EASY RUN (3-4M) + STRIDES (5 X 20 SEC) + THE DOZEN	WORKOUT (5-6M): 1-1.5M WU + 3 SETS OF 400M-200M W/ 200R BETWEEN INTERVALS & 400R BETWEEN SETS + 1-1.5M CD. 400'S @ 5K RP FEEL, 200'S @ MILE RP FEEL	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY PRE-RACE SHAKEOUT (2M) + STRIDES (3 X 20 SEC)	RACE DAY! WARMUP: EASY 10-15MIN JOG + 4-5 X 20 SEC STRIDE BEFORE YOUR RACE

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5K TRAINING PLAN
PLAN B: CURRENTLY RUNNING 25-35 MILES PER WEEK

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	DAY OFF	EASY RUN (4-5M) + STRIDES (4-5 X 20SEC) + THE DOZEN	WORKOUT (6-7M): 1-1.5M WU JOG + 8 X 45 SEC HILL W/ EASY JOG DOWN RECOVERY + 4 X 30 SEC HILL W/ EASY JOG DOWN RECOVERY + 1-1.5M CD (45 SEC HILLS ~ 5K RACE EFFORT, 30 SEC HILLS SLIGHTLY FASTER)	RECOVERY RUN (4-5M)	XT (30-60') + THE DOZEN	EASY RUN (4-5M)	EASY LONG RUN (7-8M) *OPTIONAL TEMPO RUN IN THE MIDDLE OF LONG RUN - AT 3M ADD 2 X 1M TEMPO W/ 2:00 JOG BETWEEN **WEEK TOTAL: 25-30 MILES**
WEEK 2	DAY OFF	EASY RUN (4-5M) + STRIDES (5-6 X 20 SEC) + THE DOZEN	WORKOUT (7-8M): 1-1.5M WU JOG + 4 X 3:00-2:00-1:00 FARTLEK W/ EQUAL RECOVERY + 1-1.5M CD (3:00 REP @ ~5K RP, 2:00 REP @ ~3K RP, 1:00 REP ~ MILE RP)	RECOVERY RUN (4-5M)	XT (30-60') + THE DOZEN	EASY RUN (4-5M)	LONG RUN (8-9M) **WEEK TOTAL: 27-32 Miles**
WEEK 3	DAY OFF	EASY RUN (5-6M) + STRIDES (6-7 X 20 SEC) + THE DOZEN	WORKOUT (7-8M): 1-1.5M WU JOG + 2.5M TEMPO + 5:00 EASY JOG OR WALK + 6-8 X 30 SEC HILL W/ EASY JOG DOWN RECOVERY + 1-1.5M CD	RECOVERY RUN (4-5M)	XT (30-60') + THE DOZEN	EASY RUN (5-6M)	LONG RUN (8-9M) **WEEK TOTAL: 29-34 Miles**
WEEK 4	DAY OFF	EASY RUN (5-6M) + STRIDES (6-7 X 20 SEC) + THE DOZEN	WORKOUT (8-9M): 1-1.5M WU + 3 X 200M @ MILE RP W/ 200R + 6-8 X 400M @ 5K-3K RP W/ 400R + 3 X 200M @ MILE RP W/ 200R + 1-1.5M CD	RECOVERY RUN (5-6M)	XT (30-60') + THE DOZEN	EASY RUN (5-6M)	EASY LONG RUN (8-9M) *OPTIONAL TEMPO RUN IN THE MIDDLE OF LONG RUN - AT 3M ADD 2-3 X 1M TEMPO W/ 2:00 JOG BETWEEN **WEEK TOTAL: 31-36 MILES**
WEEK 5	DAY OFF	EASY RUN (6-7M) + STRIDES (8-9 X 20 SEC) + THE DOZEN	WORKOUT (8-9M): 1-1.5M WU JOG + 3M TEMPO + 5:00 EASY JOG OR WALK+ 4-6 X 1:00 ON/1:00 OFF + 1-1.5M CD	RECOVERY RUN (5-6M)	XT (30-60') + THE DOZEN	EASY RUN (5-6M)	PROGRESSIVE LONG RUN (9-10M) **WEEK TOTAL: 33-38 MILES**
WEEK 6	DAY OFF	EASY RUN (6-7M) + STRIDES (8-9 X 20 SEC) + THE DOZEN	WORKOUT (8-9M): 1-1.5M WU JOG + 3 X 200M @ MILE RP W/ 200R + 4-5 X 800M @ 5K-3K RP W/ 400R + 3 X 200M @ MILE RP W/ 200R + 1-1.5M CD	RECOVERY RUN (5-6M)	XT (30-60') + THE DOZEN	EASY RUN (5-6M)	EASY LONG RUN (9-10M) *OPTIONAL TEMPO RUN IN THE MIDDLE OF LONG RUN - AT 3M ADD 2-3 X 1M TEMPO W/ 2:00 JOG BETWEEN **WEEK TOTAL: 33-38 MILES**
WEEK 7	DAY OFF	EASY RUN (6-7M) + STRIDES (6-7 X 20 SEC) + THE DOZEN	WORKOUT (8-9M): 1-1.5M WU JOG + 3 X 200M @ MILE RP W/ 200R + 4 X1200M @ 5K-3K RP W/ 400R + 1 X 200M FAST + 1-1.5M CD	RECOVERY RUN (5-6M)	XT (30-60') + THE DOZEN	EASY RUN (5-6M)	LONG RUN (7-8M) **WEEK TOTAL: 31-36 MILES**
WEEK 8	DAY OFF	EASY RUN (4-5M) + STRIDES (5-6 X 20 SEC) + THE DOZEN	WORKOUT (6-7M): 1-1.5M WU + 4 SETS OF 400M-200M W/ 200R BETWEEN INTERVALS & 400R BETWEEN SETS + 1-1.5M CD. 400'S @ 5K RP FEEL, 200'S @ MILE RP FEEL	RECOVERY RUN (3-4M)	XT (30-60') + THE DOZEN	EASY PRE-RACE SHAKEOUT (2M) + STRIDES (3 X 20 SEC)	**RACE DAY! WARMUP: EASY 10-15MIN JOG + 4-5 X 20 SEC STRIDE BEFORE YOUR RACE**

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