

5K 150 - 200 Minutes

An 8 week plan designed for runners who are preparing for a 5k race. If you have been running fewer than 3 hours per week, This is the plan for you.

The primary focus of this plan is to improve your running endurance and general fitness to be best prepared for the 5k race.

Start Date: **September 4**

Set the starting date in cell C2. Rows 3 will automatically update with the correct dates and days of the week.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 3 sets of (4 x 1 minute at 105% CP, with 1 minute rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>20 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 5 x 3 minute @ CP, with 2 minute rest in between + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>60 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>
2	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 3 sets of (4 x 1 minute at 105% CP, with 1 minute rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>25 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 5 x 3 minute @ CP, with 2 minute rest in between + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>60 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>

3	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 2 sets of (5 x 90 seconds at 105% CP, with 90 seconds rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>30 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 4 x 4 minute @ CP, with 2 minute rest in between + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>70 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>
4	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 2 sets of (5 x 90 seconds at 105% CP, with 90 seconds rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>30 minutes @ zone 2</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 4 x 4 minute @ CP, with 2 minute rest in between + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>70 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>

5	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 2 sets of (4 x 2 minutes at 105% CP, with 2 minutes rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>35 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 4 x 5 minute @ CP, with 2 minute rest in between + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>70 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>
6	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 2 sets of (4 x 2 minutes at 105% CP, with 2 minutes rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>35 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 3 x 6 minute @ CP, with 3 minute rest in between + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>60 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>

7	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 2 sets of (4 x 90 seconds at 105% CP, with 90 seconds rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>35 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Speed Workout</p> <p>10 minutes @ zone 1 + 3 x 4 minute @ CP, with 3 minute rest in between + 10 minutes @ zone 1</p> <p>Time for some speed work! You will be doing some intervals at your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Endurance</p> <p>60 minutes @ zone 1 (<80% CP)</p> <p>The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.</p>
8	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>Goal Pace Workout</p> <p>10 minutes @ zone 1 (<80% CP) + 2 sets of (3 x 1 minute at 105% CP, with 1 minute rest in between), 3 minutes easy jog between sets + 10 minutes @ zone 1 (<80% CP)</p> <p>Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Aerobic Run</p> <p>10 minutes @ zone 1 (<80% CP) + 10 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>Rest</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>Race Day!</p>	

NOTES

TO DO

