

5K 90 - 150 Minutes

A 8 week plan designed for runners who are preparing for a 5k race. If you have been running fewer than 2 hours per week, This is the plan for you.

The primary focus of the 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>Aerobic Run</p> <p>10 minutes @ < 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 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 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>Endurance</p> <p>30 minutes @ zone 1 (<80% CP)</p> <p>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>Aerobic Run</p> <p>12 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 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) + 12 minutes @ zone 3 (80 - 90% CP)</p> <p>A nice steady block of sustained base running at the low end of zone 3 comes after a longer progressive warm-up. Finish around middle part of the zone 3 if you feel good.</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>12 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>Endurance</p> <p>30 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>Aerobic Run</p> <p>12 minutes @ zone 1 (<80% CP) + 12 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as 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>Aerobic Run</p> <p>12 minutes @ zone 1 (<80% CP) + 12 minutes @ zone 3 (80 - 90% CP)</p> <p>A nice steady block of sustained base running at the low end of zone 3 comes after a longer progressive warm-up. Finish around middle part of the zone 3 if you feel good.</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>12 minutes @ zone 1 (<80% CP) + 12 minutes @ zone 2 (75 - 85% CP)</p> <p>There is no substitute for frequency. Running often is just as important as running fast 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>Endurance</p> <p>35 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>
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NOTES

TO DO

