



Free Beginner and Intermediate 5K Training Plans

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ALPINE BANK BOULDER THANKSGIVING DAY 5K FUN RUN
BEGINNER PROGRAM

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	Week 1	1-M	Rest	1-M	Session 1 (2 x 0.5-M)	Rest	1-M	Rest
8-Oct	Week 2	2-M	Rest	1-M	Session 2 (2 x 1-M)	Rest	1-M	Rest
15-Oct	Week 3	2-M	Rest	1-M	Session 3 (1.5-M)	Rest	1-M	Rest
22-Oct	Week 4	3-M	Rest	1.5-M	Session 1 (3 x 0.5-M)	Rest	1.5-M	Rest
29-Oct	Week 5	3-M	Rest	1.5-M	Session 2 (2 - 3 x 1-M)	Rest	1.5-M	Rest
5-Nov	Week 6	4-M	Rest	2-M	Session 3 (2-M)	Rest	2-M	Rest
12-Nov	Week 7	3-M	Rest	1.5-M	Session 1 (2 x 0.5-M)	Rest	1.5-M	Rest
19-Nov	Race Week	2-M	Rest	1-M	Rest	5km		

M = Mile

Warming Up for a Session/ Race:

When warming up, the focus is getting blood flowing to your legs which will make them ready and fired up for the hard work ahead. The following are the steps you should take to get in the best warm up:

- Your warmup should be easy running or walking for around 5 - 8 minutes, and the pace should be super slow/ easy.
- After your warmup, stretch for 5 - 10 minutes. Stretches should include quadriceps, hamstrings, and calf's mainly, and stretching will help increase the blood flow to your lower limbs.
- Do 4 x stride throughs of roughly 100m. Run 2 x 100m strides at 50 - 75% of your race pace, with a walk back recovery, and then do 2 x 100m strides at 85 - 95% of your race pace. The strides you do, will remind the body that it's time to run hard and it will get your heart rate elevated.

Warming Down from a Session/ Race:

When warming down, the focus is to loosen up your tight muscles and get blood flowing to flush out all the lactic acid and toxins. The following are the steps you should take to get in the best warm down:

- Your warm down should be easy running or walking for around 5 - 8 minutes, and the pace should be super slow/ easy.
- After your slow warm down, stretch for 5 - 10 minutes. Stretches should include quadriceps, hamstrings, and calf's mainly, and stretching will help increase the blood flow to your lower limbs.

Session Descriptions:

1 - .5-Mile repeats, but run each one faster than your warmup pace, but **NOT** flat out! Take 3 minutes' walk or jog recovery between each repetition.

2 - 1-Mile repeats, but run each one faster than your warmup pace, but **NOT** flat out! Take 4 minutes' walk or jog recovery between each repetition.

3 - Tempo Run, is a workout that has you running Miles at a continuous/ sustained effort. Instead of a light jog at an easy pace, you'll be pushing your body, getting your heart rate up and testing your stamina over the duration of the session.

**ALPINE BANK BOULDER THANKSGIVING DAY 5K FUN RUN
INTERMEDIATE PROGRAM**

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Oct	Week 1	3-M	Rest	Session 1 (3 - 4 x 0.5-M)	1.5-M	Rest	Session 4 (6 x 60sec Hills)	1.5-M
8-Oct	Week 2	3-M	Rest	Session 2 (2 - 3 x 1-M)	1.5-M	Rest	Session 5 (Fartlek)	1.5-M
15-Oct	Week 3	4-M	Rest	Session 3 (2 - 3-M)	2-M	Rest	Session 6 (6 x 400m)	2-M
22-Oct	Week 4	4-M	Rest	Session 1 (4 - 5 x 0.5-M)	2-M	Rest	Session 4 (8 x 60sec Hills)	2-M
29-Oct	Week 5	5-M	Rest	Session 2 (3 - 4 x 1-M)	2.5-M	Rest	Session 5 (Fartlek)	2.5-M
5-Nov	Week 6	5-M	Rest	Session 3 (3 - 4-M)	2.5-M	Rest	Session 6 (6 - 8 x 400m)	2.5-M
12-Nov	Week 7	4-M	Rest	Session 1 (3 - 4 x 0.5-M)	2-M	Rest	Session 4 (6 x 60sec Hills)	2-M
19-Nov	Race Week	3-M	Rest	2-M	Rest	5km		

M = Mile

Warming Up for a Session/ Race:

When warming up, the focus is getting blood flowing to your legs which will make them ready and fired up for the hard work ahead. The following are the steps you should take to get in the best warm up:

- Your warmup should be easy running for around 10 - 15 minutes, and the pace should be super slow/ easy.
- After your warmup, stretch for 10 - 15 minutes. Stretches should include quadriceps, hamstrings, and calf's mainly, and stretching will help increase the blood flow to your lower limbs.
- Do 4 x stride throughs of roughly 100m. Run 2 x 100m strides at 50 - 75% of your race pace, with a walk back recovery, and then do 2 x 100m strides at 85 - 95% of your race pace. The strides you do, will remind the body that it's time to run hard and it will get your heart rate elevated.

Warming Down from a Session/ Race:

When warming down, the focus is to loosen up your tight muscles and get blood flowing to flush out all the lactic acid and toxins. The following are the steps you should take to get in the best warm down:

- Your warm down should be easy running or walking for around 10 - 15 minutes, and the pace should be super slow/ easy.
- After your slow warm down, stretch for 10 - 15 minutes. Stretches should include quadriceps, hamstrings, and calf's mainly, and stretching will help increase the blood flow to your lower limbs.

Session Descriptions:

1 - .5-Mile repeats, but run each one faster than your warmup pace, but **NOT** flat out! Take 2 minutes' walk or jog recovery between each repetition.

2 - 1-Mile repeats, but run each one faster than your warmup pace, but **NOT** flat out! Take 3 minutes' walk or jog recovery between each repetition.

3 - Tempo Run, is a workout that has you running Miles at a continuous/ sustained effort. Instead of a light jog at an easy pace, you'll be pushing your body, getting your heart rate up and testing your stamina over the duration of the session.

4 - Hills for 60 seconds. Run hard, and then either walk or jog back down recovery between each hill repetition.

5 - Fartlek: Run 2 x 90 seconds hard - 90 seconds walk or jog recovery/ 2 - 4 x 60 seconds hard - 60 seconds walk or jog recovery/ 2 - 4 x 30 seconds hard - 30 seconds walk or jog recovery/ 2 - 4 x 15 seconds hard - 15 seconds walk or jog recovery. Total time = 13 - 20 minutes.

6 - 400m repeats (or .25-Mile). Run hard, and then either walk or jog recovery for 90 seconds between each repetition.

STRETCHING EXAMPLES

SIDE-BENDS: *10-counts. Muscles stretched: side, stomach, and low back.*

Stand with feet slightly apart. Extend the right arm over the head, arch the back, and lean to the left. Then extend the right arm over the head, arch the back, and lean to the right. Repeat 10-times.

THIGH STRETCH: *10-counts each leg. Muscles stretched: thigh.*

Hold on to a fixed object (tree, pole, fence, wall, or a teammate) to steady yourself. Spread feet slightly apart, lift right foot toward the butt and reach down and grab right ankle with the left hand. Increase the stretch by pulling foot up towards the low back. Hold for 10-counts. Change legs and repeat.

CALF STRETCH: *2 x 10-counts each. Muscles stretched: calf.*

Hold on to a fixed object to steady yourself. Facing straight ahead with both legs straight and heels flat on the ground, lean forward until one feels the stretch in the calves (lower leg muscles) for 10-counts. Repeat, but bend the knees this time, keeping heels flat on the ground.

LUNGE STRETCH: *10-counts each leg. Muscles stretched: hip flexors, calves, and abdomen.*

Standing with both feet together, step forward with the right foot keeping it directly in front of the left foot. Keep your left leg straight, push the left heel toward the ground and arch the back. Hold for 10-counts. Change legs and repeat.

TOE TOUCH STRETCH: *10-counts. Muscles stretched: arches, calves, hamstrings, lower back, and shoulders.*

Sit on the ground with both legs extended. Pull toes back and slowly reach both arms forward toward feet with a sweeping butterfly swim-stroke motion. Repeat 10-times.

DYNAMIC RUNNING FORM DRILLS

The following drills are good for developing stride mechanics, while building rhythmic skills, ballistic strength and power in the legs and feet of young runners.

WALKING WITH HIGH KNEES: Pull your knees up towards your chest, and push-up on to the balls of your feet.

WALKING WITH A STRAIGHT-LEG KICK UP: Walking forward with short strides, swing one foot up to shoulder-level and push hard off the ground with the ball of your other foot using a strong arm-swing.

RUNNING WITH HIGH KNEES: Running with short strides, use your thigh muscles to pull your knees up to hip level. Stay erect and do not lean back to assist lifting your knees.

RUNNING BUTT-KICKS: Lean forward slightly and run, flipping your heels up to touch your butt.

SINGLE-LEG HOPPING: Hop forward on one foot. Alternate a short, low hop with a high hop. For each high hop, use a vigorous double-arm pump at take-off and pull the heel of your hopping foot up to touch your butt. Do not try to go too high, or too far, on each hop.