5 Weeks to a 5K

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	1 minute run, 2 minute walk, repeat Total= 21 minutes	CT	1 minute run, 2 minute walk, repeat Total= 21 minutes	Rest	CT	Run 1 minute, 2 minute walk Total=1.5 mile
2	Rest	1 minute run, 1 minute walk, repeat Total= 24 minutes	CT	1 minute run, 1 minute walk, repeat Total= 24 minutes	Rest	CT	Include a 5 minute continuous run Total= 2 miles
3	Rest	2 minute run, 1 minute walk, repeat Total= 30 minutes	CT	2 minute run, 1 minute walk, repeat Total= 30 minutes	Rest	CT	Include one 10 minute continuous run Total= 2.5 miles
4	Rest	2 minute run, 1 minute walk, repeat Total= 30 minutes	CT	2 minute run, 1 minute walk, repeat Total= 30 minutes	Rest	CT	Include three 5 minute continuous runs Total= 2.5 miles
5	Rest	5 minute walk, 10 x 1 minute run, 1 minute walk Total= 25 minutes	CT	20 minute walk	Rest	**Race Weekend!**	Rest

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Half Marathon Training Schedule for Novice Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	2 miles	Rest	2.5 miles	Rest	3 miles	20 - 30 minutes EZ or CT
2	Rest	2 miles	Rest	3 miles	CT or Rest	4 miles	20 - 30 minutes EZ or CT
3	Rest	2.5 miles	CT	3 miles	Rest	5 miles	20 - 30 minutes EZ or CT
4	Rest	3 miles	CT	4 miles	Rest	6 miles	20 - 30 minutes EZ or CT
5	Rest	3 miles	CT	3 miles	Rest	7 miles	30 minutes EZ or CT
6	Rest	4 miles	CT	4 miles	Rest	8 miles	30 minutes EZ or CT
7	Rest	4 miles	Rest	4 miles	CT	9 miles	30 minutes EZ or CT
8	Rest	4 miles	CT	3 miles	Rest	10 miles	30 minutes EZ or CT
9	Rest	5 miles	CT	4 miles	Rest	11 miles	30 minutes EZ or CT
10	Rest	4 miles	Rest	3 miles	CT	12 miles	30 minutes EZ or CT
11	Rest	CT	Rest	3 miles	CT	5 miles	30 minutes EZ or CT
12	Rest	2 miles	20 minutes	Rest	20 minutes	Race Day!	Rest Day!

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Easy Run (EZ): A recovery run during which you focus on running slowly.

Half Marathon Training Schedule for Intermediate Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	CT	30 minute tempo	Rest or CT	4 miles	Rest	5 miles	3 miles EZ
2	CT	4 x 400m IW	Rest or CT	4 miles	Rest	6 miles	3.5 miles EZ
3	CT	35 minute tempo	4 miles	3 miles	Rest	7 miles	3 miles EZ
4	CT	5 x 400m IW	Rest	4 miles race pace	Rest	7 miles	3 miles EZ
5	CT	35 minute tempo	5 miles	3 miles race pace	Rest	8 miles	4 miles EZ
6	CT	6 x 400m IW	5 miles	4 miles race pace	2 miles EZ	Rest	10K race
7	CT	40 minute tempo	5 miles	4 miles race pace	Rest	9 miles	4 miles EZ
8	CT	6 x 400m IW	6 miles	3 miles race pace	Rest	10 miles	4 miles EZ
9	CT	45 minute tempo	5 miles	4 miles race pace	Rest	11 miles	Rest
10	CT	7 x 400m IW	5 miles	3 miles race pace	Rest	12 miles	3 miles EZ
11	CT	45 minute tempo	Rest	3 miles race pace	Rest	5 miles	3 miles EZ
12	Rest	4 miles	30 minutes 10K pace	2 miles	Rest	20 minutes	**Race Day!**

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

Tempo run: Maintain a comfortably hard or challenging pace; about 15 secs faster than your marathon goal minute/mile pace. A good guideline is to run at a slightly difficult speed. (It should be hard for you to carry on a conversation.)

Marathon Training Schedule for Novice Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	3 miles	CT	3 miles	Rest	4 miles	3 miles EZ
2	Rest	3 miles	Rest	3 miles	CT or Rest	5 miles	3 miles EZ
3	Rest	3 miles	CT	4 miles	CT or Rest	6 miles	3 miles EZ
4	Rest	3 miles	Rest	4 miles	CT or Rest	4 miles	3 miles EZ
5	Rest	4 miles	CT	4 miles	CT or Rest	6 miles	3 miles EZ
6	Rest	4 miles	CT	4 miles	CT or Rest	8 miles	3 miles EZ
7	Rest	4 miles	CT	4 miles	CT or Rest	10 miles	3 miles EZ
8	Rest	4 miles	CT	4 miles	CT or Rest	8 miles	3 miles EZ
9	Rest	4 miles	CT	4 miles	CT or Rest	12 miles	Rest
10	4 miles EZ	4 miles	Rest	4 miles	CT or Rest	10 miles	3 miles EZ
11	Rest	4 miles	CT	4 miles	CT or Rest	14 miles	3 miles EZ
12	Rest	5 miles	CT	5 miles	CT or Rest	10 miles	3 miles EZ
13	Rest	4 miles	CT	5 miles	CT or Rest	16 miles	3 miles EZ
14	Rest	4 miles	CT	5 miles	CT or Rest	12 miles	3 miles EZ
15	Rest	4 miles	CT	5 miles	CT or Rest	18 miles	Rest
16	3 miles EZ	5 miles	Rest	6 miles	CT or Rest	12 miles	3 miles EZ
17	Rest	4 miles	CT	6 miles	CT or Rest	20 miles	3 miles EZ
18	Rest	4 miles	CT	4 miles	CT or Rest	12 miles	3 miles EZ
19	Rest	3 miles	20 minutes	3 miles	CT or Rest	8 miles	3 miles EZ
20	Rest	2 miles	20 minutes	Rest Day	20 minutes	**Race Day!**	Rest Day!

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

Marathon Training Schedule for Intermediate Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	CT	3 miles	5 miles	3 miles	Rest	5 miles race pace	10 mile LR
2	CT	3 miles	5 miles	3 miles	Rest	5 miles	11 mile LR
3	CT	3 miles	6 miles	3 miles	Rest	6 miles race pace	8 mile LR
4	CT	3 miles	6 miles	3 miles	Rest	6 miles race pace	13 mile LR
5	CT	3 miles	7 miles	3 miles	Rest	7 miles	14 mile LR
6	CT	3 miles	7 miles	3 miles	Rest	7 miles race pace	10 mile LR
7	CT	4 miles	8 miles	4 miles	Rest	8 miles race pace	16 mile LR
8	CT	4 miles	8 miles	4 miles	Rest	8 miles	17 mile LR
9	CT	4 miles	9 miles	4 miles	Rest	Rest	**Half Marathon**
10	CT	4 miles	9 miles	4 miles	Rest	9 miles race pace	19 mile LR
11	CT	5 miles	10 miles	5 miles	Rest	10 miles	20 mile LR
12	CT	5 miles	6 miles	5 miles	Rest	6 miles race pace	12 mileLR
13	CT	5 miles	10 miles	5 miles	Rest	10 miles race pace	20 mile LR
14	CT	5 miles	6 miles	5 miles	Rest	6 miles	12 mile LR
15	CT	5 miles	10 miles	5 miles	Rest	10 miles race pace	20 mile LR
16	CT	5 miles	8 miles	5 miles	Rest	4 miles race pace	12 mile LR
17	CT	4 miles	6 miles	4 miles	Rest	4 miles	8 mile LR
18	CT	3 miles	4 miles	Rest	Rest	2 miles	**Marathon!**

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)

Easy Run (EZ): A recovery run during which you focus on running slowly.

Long run (LR): The weekly mileage buildup, the most important run of the week consisting of 25-30% of your weekly mileage, depending your on goal race and experience level it could be from 4-26 miles

Training Time and Miles

If you race at this pace:	Hours you will spend training (Low week – Peak week)	Training miles per week (Low week – Peak week)
6:00 min/mi	1:30 – 4:30	22 – 40
7:00 min/mi	1:30 – 4:30	20 – 35
8:00 min/mi	1:30 – 4:30	18 – 31
9:00 min/mi	1:30 – 4:30	16 – 28
10:00 min/mi	1:30 – 4:30	14 – 26
11:00 min/mi	1:30 – 4:30	13 – 24

Types of Workouts in These Plans

- Easy Runs
- Long Runs
- Race Pace Repeats
- Interval Workouts
- Tempo Runs

Plan Contents:

- Your Workout Volume and Type Breakdown
- Weekly Load and How much Time You'll Spend
- Running in Zones
- Running by Heart Rate (Optional)
- Finding Your Race Pace
- Approximate Training Paces
- Workouts in this Plan
- Strength Training Guidelines
- Warm Up and Cool Down Guidelines
- Nutrition Guidelines
- How to Use Your Plan and Making Adjustments
- Workout Schedule Summary (At a Glance)
- Weekly Workout Schedule
- Race Day Checklist and Schedule
- Race Day Pacing Wristband

Running Terms and Lingo

Distances

- **100 meters**: shortest common sprint race held outdoors
- **200 meters**: 1/2 lap around a standard track
- **400 meters**: 1/4 mile, one lap around a standard track
- **800 meters**: 1/2 mile, two laps around a standard track
- **1200 meter**: 3/4 mile, three laps around a standard track
- **1500 meter**: .93 mile, metric mile, 3 3/4 laps around track
- **5k**: 3.1 miles; 5,000 meters
- **10k**: 6.2 miles; 10,000 meters
- **15k**: 9.3 miles; 15,000 meters
- **Half Marathon**: 13.1 miles; 21.1k
- **Marathon**: 26.2 miles; 42.2k
- **Ultra marathon**: any distance greater than 26.2 miles but typically referring to a 50k race or beyond
- **50k**: 31.1 miles
- **Tri/triathlon**: a race which involves swimming, cycling and running, the most common triathlon distances include the sprint (750m swim, 20km bike, 5k run), Olympic or standard (1.5k/40km/10k), ½ Ironman (1.2 miles/56 miles/13.1 miles), Ironman (2.4 miles/112 miles/26.2miles)

Agencies and Common Abbreviations

- **IAAF**: International Association of Athletics Federations; the worldwide organization that governs running
- **BQ (Boston Qualify)**: the Boston Marathon requires runners to meet certain time standards based on age and gender
- **USATF**: USA Track and Field
- **RRCA**: Road Runner's Club of America
- **CR**: course record
- **WR**: world record
- **FKT**: fastest known time
- **DNF**: did not finish
- **DNS**: did not start

Training Terms

- **Heart rate (HR)**: the contraction of the heart, usually measured as beats per minute (bpm)
- **Resting Heart Rate (RHR)**: your heart rate when you first wake up in the morning and before getting out of bed
- **Maximum Heart Rate (MHR)**: the highest number of contractions your heart can make in one minute; a common way to estimate this is to take 220- your age= max HR. But this method only provides a rough estimation.
- **Heart rate monitor (HRM)**: a device that measures the electrical activity of the heart; this may be through a wrist based monitor, chest strap, or in ear monitor
- **Aerobic**: using oxygen to generate energy
- **VO2 max**: aerobic capacity, maximum amount of oxygen that can be utilized by your body during activity
- **Anaerobic**: without oxygen, usually used to describe very high intensity exercise (going anaerobic)
- **Pace**: a measurement of speed of running, usually measured as how many minutes it takes you to run a mile or kilometer
- **Endurance**: the ability to run for long periods of time

- **Endorphins**: brain chemicals which cause feelings of euphoria and the "runners high"
- **Runner's High**: a happy and relaxed feeling that can happen during or after a run from the release of endorphins
- **Second wind**: feeling more energy and using less effort after running for at least 15-20 minutes
- **PR/PB**: Personal Record or personal best; the fastest time you've done for a given distance
- **Cadence**: the number of steps you take in a minute of running; ideal cadence is thought to be 180 steps/min
- **Gait**: describes how we run or walk and consists of two phases: stance where part of the foot touches the ground and swing during which the same foot doesn't touch the ground
- **Lactic Acid**: a byproduct of the body's use of carbohydrates-the anaerobic metabolism of glucose; usually associated with muscle stiffness and burn after a hard workout
- **Glycogen**: the storage form of glucose (sugar) found primarily in the liver and muscles
- **DOMS (delayed onset muscle soreness)**: discomfort, stiffness, or soreness in a muscle related to microscopic tears of a muscle doing more work than it's used to, typically noticed primarily 24-72 hours post-workout
- **Hitting the wall/Bonk**: a state of exhaustion where your glycogen stores are depleted and blood sugar levels are low; this sometimes hits from mile 18 on in a marathon without proper fueling
- **Stretching**: movements to increase muscle, ligament, and joint flexibility; best done after exercise when the muscles are warm
- **Dynamic stretching**: stretching involving movement which is most beneficial for runners
- **Static stretching**: a stretch held in a challenging but comfortable position typically for 10-60 seconds
- **Weight training/Strength training**: these are sometimes used interchangeably and refer to exercises focused on developing the strength and size of muscles; weight training would involves weights while strength training could use just body weight exercises
- **Plyometrics**: a type of exercise designed to produce fast, powerful movements; the muscle is loaded and contracted in rapid sequence
- **Core/core training**: specific strengthening exercises targeting the core muscles which include the muscles in the abdominals, back and pelvis
- **Water/aqua jogging**: a cross training exercise in which the running motion is done in a pool or body of water usually using a buoyancy belt so that your feet don't touch the bottom and the workout is low impact
- **Elliptical**: an exercise machine that mimics the running motion in a low impact manner
- **Doubles**: doing two runs in one day
- **Brick workout**: doing two different workouts back to back—often used in preparation for a triathlon

Terms on a Training Plan

- **MPM**: minutes per mile
- **MPW**: miles per week
- **XC**: cross country
- **XT/CT/cross-train**: a low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)
- **Hills**: important to build leg strength and endurance; run in a hilly area or set the treadmill at an incline
- **Hill repeats**: run up hill then down, repeat for determined number of times or distance
- **Easy run/recovery run**: an easy, steady pace for recovery or enjoyment; improves aerobic conditioning; intensity should permit conversation and be no more than 60-70% maximum heart rate
- **Zone 2**: this refers to keeping your heart rate within Zone 2 for easy and recovery runs—prescribed by the Maffetone Method of heart rate training. Subtract your age from 180 for the upper zone 2 limit

- **Marathon pace**: the pace you plan to hold during your goal marathon; many training plans will call for some marathon pace runs
- **10% rule**: a general guideline which discourages increasing your weekly mileage by more than 10% each week
- **Warm up**: walk for at least 2-5 minutes before starting a slow jog to warm up and loosen the muscles prior to workout
- **Cool down**: slowing your pace significantly for a couple minutes at the end of your run, then walking to further cool down and slowly lower your heart rate to avoid letting blood pooling in your extremities
- **Speedwork**: increasing the pace of your run according to a schedule to improve leg power, strength, and confidence; training yourself to go faster
- **Tempo run**: maintaining a comfortably hard or challenging pace; builds speed and teaches the body to run at a certain pace; usually run at a maximum of 80-85% HR
- **Intervals**: a speed workout where a set distance is run repeatedly with recovery jogs in between to build speed and aerobic capacity
- **Ladder intervals**: a workout where increasing intervals are run with recovery jogs in between; 200m-400m-600m-800m
- **Cutdown intervals**: decreasing intervals; 800m- 600m- 400m- 200m
  Pyramid: combining intervals; 200-400-600-800-600-400-200
- **Strides**: short, controlled bursts of running (50-150 meters) to work on form and efficiency; sometimes done at the end of a workout
- **Fartlek**: Swedish word meaning "speed play"; an informal speed workout; example: run hard to next telephone pole, slow pace, run hard to next...
- **Yasso 800**: a speed workout and marathon time predictor invented by Bart Yasso, it involves running 10 sets of 800 meters with 400 meters easy in between, by using the average of your 800 meter times you can get an estimate of what your marathon time could be
- **LSD**: long slow distance
- **Rest day**: no running or intense physical activity, an important day to rest your body and mind
- **Base training/running base**: running that builds a solid foundation of aerobic fitness and muscle strength over a period of weeks or months before starting a focused training plan
- **Peak**: scheduling your training so that your best performance is timed for a race
- **Taper**: decreasing mileage and intensity for several days to three weeks before a race to ensure peak performance
- **Long run**: the weekly mileage buildup, the most important run of the week consisting of 25-30% of your weekly mileage, depending your on goal race and experience level it could be from 4-26 miles
- **Overtraining**: doing too much in training which can lead to fatigue, injury, or burn out