

5KM Training Plan

Blue Nose Marathon



This 5KM Training Plan is aimed at novice or intermediate runners. The plan will work both if you are running continuously in your runs or if you are using walk breaks. This plan is written in minutes. There is guidance included on how to make it more advanced.

Week	Monday	Tuesday	Workout Wednesday	Thursday	Friday	Weekend	Weekly Total
1		20 min. easy pace	20 min. easy pace			25 min. easy pace	65 min.
2		20 min. easy pace	10 min. w/u run, 4 x [2 min. interval runs, 1 min. jog or walk recoveries], 10 min. cooldown run			26 min. easy pace	78 min.
3		20 min. easy pace	10 min. w/u run, 4 x 2 min. hills w/ walk down, 10 min. cooldown run			26 min. easy pace	85 min.
4		15 min. easy pace	10 min. w/u run, 4 x [3 min. interval runs, 1 min. jog or walk recoveries], 10 min. cooldown run			20 min. easy pace	Down Week: 71 min.
5		25 min. easy pace	10 min. w/u run, 6 x 2 min. hills w/ walk down, 10 min. cooldown run	20 min. easy pace		32 min. easy pace	119 min.
6		25 min. easy pace	10 min. w/u run, 3 x [5 min. interval runs, 1 min. jog or walk recoveries], 10 min. cooldown run	20 min. easy pace		20 min. easy pace	127 min.
7		25 min. easy pace	10 min. w/u run, 6 min. tempo, 1 min. jog, 2 x 2 min. hills w/ walk down, 4 min. tempom 1 min. jog, 2 x 2 min. hills w/ walk down, 10 min. cooldown run	20 min. easy pace		36 min. easy pace	127 min.
8		18 min. easy pace	10 min. w/u run, 2 x [8 min. tempo, 2 min. jog or walk recoveries], 10 min. cooldown run	15 min. easy pace		22 min. easy pace	Down Week: 95 min.
9		25 min. easy pace	10 min. w/u run, pyramid intervals w/ 1 min. jog or walk recoveries: 1 min. – 2 min. – 3 min. – 4 min. – 3 min. – 2 min. – 1 min., 10 min. cooldown run	20 min. easy pace		34 min. easy pace	122 min.
10		15 min. easy pace	10 min. w/u run, 5 x [2 min. interval runs, 1 min. jog or walk recoveries], 10 min. cooldown run	15 min. easy pace		Blue Nose 5KM!	

A few training plan notes:

Days of the week: This plan begins as a 3-days-per-week plan and then grows to a 4-days-per-week plan. It includes easy paced runs, a weekly "workout" and a "longer run." Many training programs are set up this way for a few reasons: it applies a varied training stimulus to your body and it also helps prevent boredom. You can schedule your runs for whatever day of the week works best for you. Flexibility is important. Do try to space the "Workout Wednesday" run and the weekend long run by at least 2 days.

Build and Step-back Weeks: This plan features 3 weeks of build and 1 week called a step-back or down-week where the total mileage is reduced to allow for recovery

Walk breaks: If you are currently using walk breaks, you could aim to extend your period of running by 1 minute per week. For example, if you are running 6 minutes continuously and walking 1 minute on week 1, your goal could be to run 7 minutes continuously and walk 1 minute during week 2 and so on.

Easy Pace: Your easy runs are probably at about 50-60% of your max effort. On an effort scale, that would be 5-6/10 where 10 is the most effort possible. Below 5/10 would be walking. You could comfortably carry on a conversation at this pace. If you find yourself gasping for words, that's a good sign that you can slow down to achieve your easy pace.

Workout Wednesday: This training plan has one day per week with a quality session or a speed workout (these mean the same thing). It's scheduled for Wednesday but it doesn't need to happen on a Wednesday. It should be spaced from your weekend long run by 2 days. These are fun! Use the instructions to have fun and enjoy seeing what your body can do.

Warm Up and Cool Down: All **Workout Wednesdays** begin with 10 minutes of easy running for a warm-up, noted as "w/u." This is followed by the "workout": intervals of faster running called "interval runs" or "tempo" or hill running intervals. These workouts always end with 10 minutes of cool down running, noted as "c/d." It's ok to do some walking during cool down.

Intervals Runs/Tempo Intervals: Where the plan notes "interval runs" or "tempo," the pace for this will be 7 to 8/10 on an effort scale where 10/10 is the most effort possible. If you find yourself running as fast as possible, that's close to 10/10 effort, back it off to 8/10. There are periods of jogging or walking in between intervals. It's ok to walk these rest periods.

Hills: for the days that workout includes hills, find a hill that will take you about 2 minutes to run up. Walk back down. Repeat. When you are running up the hill, try to keep your eyes up and drive your elbows back to help your body climb the hill.

Can I make this schedule more advanced? Sure, if you want to make the schedule more advanced, add either 5 or 10 minutes across the board to all the runs. On Workout Wednesday, add the extra minutes to the warm-up/cool-down and keep the workout portion as planned.

I need a schedule even more advanced than this: Setting a Personal Best is exciting, we hear you! Please email us at admin@bluenosemarathon.com and we would be happy to recommend some coaching options for you.