



5K OFFICIAL TRAINING 2019 RUNNER/WALKER



| WEEK | DATES | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|-------------------|------------------|--------------------|-----------------|-------------------|------|--------------------|---|
| 1 | AUG 26 - SEPT 1 | Rest or Run/Walk | 1.5 MILES Easy | STRENGTH & CORE | 1.5 MILES Easy | REST | 1.5 MILES Easy | 30-60 MIN WALK |
| 2 | SEPT 2 - SEPT 8 | Rest or Run/Walk | 1.75 MILES Easy | STRENGTH & CORE | 1.5 MILES Easy | REST | 1.75 MILES Easy | 35-60 MIN WALK |
| 3 | SEPT 9 - SEPT 15 | Rest or Run/Walk | 2 MILES Easy | STRENGTH & CORE | 1.5 MILES Easy | REST | 2 MILES Easy | 40-60 MIN WALK |
| 4 | SEPT 16 - SEPT 22 | Rest or Run/Walk | 2.25 MILES Easy | STRENGTH & CORE | 1.5 MILES Easy | REST | 2.25 MILES Easy | 45-60 MIN WALK |
| 5 | SEPT 23 - SEPT 29 | Rest or Run/Walk | 2.5 MILES Easy | STRENGTH & CORE | 2 MILES Easy | REST | 2.5 MILES Easy | 50-60 MIN WALK |
| 6 | SEPT 30 - OCT 6 | Rest or Run/Walk | 2.75 MILES Easy | STRENGTH & CORE | 2 MILES Easy | REST | 2.75 MILES Easy | 55-60 MIN WALK |
| 7 | OCT 7 - OCT 13 | Rest or Run/Walk | 3 MILES Easy | STRENGTH & CORE | 3 MILES Easy | REST | 3 MILES Easy | 60 MIN WALK |
| 8 | OCT 14 - OCT 20 | Rest or Run/Walk | 3 MILES Easy | STRENGTH & CORE | 2 MILES Easy | REST | RACE DAY | CHEER ON MARATHON & HALF-MARATHON PARTICIPANTS! |

TRAINING FOR SUCCESS

EASY TRAINING Running at a relaxed pace, without breathing hard. You should be able to easily carry on a conversation.

LONG TRAINING Longer distance at a slower pace, typically one to two minutes per mile slower than your goal race pace.

HARD TRAINING Challenge yourself. Tempo, Hills or Intervals.

TEMPO Warm-up one mile easy, middle 30-60 seconds per mile faster than goal race pace, cool-down one mile easy.

HILLS A hillier course increase your strength and speed without extra miles.

INTERVALS Increase strength and improve form. Start by doing one mile warm up, then run each interval 60-90 seconds per mile faster than your goal race pace, resting half to full time of interval.

STRENGTH & CORE Prevent injuries and improve form leading to improved running efficiency.

CROSS TRAINING Aerobic exercises other than running. Improve your fitness while giving your "running" muscles a rest.

THINGS TO THINK ABOUT

PROPER SHOES Everyone is made differently. Make sure that you have been fitted for running shoes that are right for you. Come to Running Lab for your custom fit process.

ACCESSORIES AND APPAREL Well-made and properly fitting apparel is key to improving your experience. The wrong sock and apparel can cause slipping, rubbing and blistering.

HYDRATION Have a plan to stay hydrated. Wear a belt, hold something in your hand or drop water on your route.

NUTRITION You wouldn't fill your gas tank with trash, why would you fill your body with it? Proper nutrition will help to keep your muscles strong and your energy high, giving you the fuel you need to feel great when you train and race.

CALENDAR OF EVENTS

APRIL

27 //

Season Kick Off

29 //

First Day of Base Training

JUNE

17 //

First Day of Official Training

22 //

First Saturday Group Run*

SEPTEMBER

21 //

12/20 Miler

REST Let your muscles recover and rebuild.

GOAL RACE PACE The pace you plan to run on race day.

RUN 2/WALK 1 Run for two minutes, walk for 1 minute, repeat for a total of 10 minutes

WU Warm Up warm up 1 – 2 minutes slower than 10K pace

CD Cool Down cool down 1 – 2 minutes slower than 10K pace

5X1 MILE @ 10K PACE WITH A 4MIN REST BETWEEN EACH MILE

DETERMINING YOUR RACE PACE Warm up ½ mile at easy pace, run 1 mile moderate to hard timed, cool down ½ mile easy pace

Example (if your timed mile was 9 minutes):

5K (9:00 min mile + 33 seconds) = 9:33 minute mile pace

10K (9:00 min mile x 1.15) = 10:35 minute mile pace

½ marathon (9:00 min mile x 1.2) = 11:20 minute mile pace

Marathon (9:00 min mile x 1.3) = 12:10 minute mile pace

GOOD FORM RUNNING (GFR) Four steps to run faster, easier and reduce injury. Posture (tight core with glute engagement), proper foot strike (landing mid-foot), Cadence (running 180 steps per minute), Lean (use gravity to your advantage). Sign up for a class at runninglabstore.com.

INJURY PREVENTION Don't run through the pain. Listen to your body and talk to an expert. Two days off now is better than two months off because of injury. Check out the calendar of events for free injury screenings at Running Lab.

OCTOBER

17 //

Team Dinner & Commissioning

18-19 //

Detroit Marathon Expo/Race Packet Pick-Up

19 //

5K and Kids' Fun Run

20 //

International Half Marathon and Full Marathon

*Runners and Walkers