



# 5K OFFICIAL TRAINING 2023 RUNNER/WALKER

WEEK	DATES	MON	TUE	WED	THU	FRI	SAT	SUN
1	AUG 21 - AUG 27	Rest or Run/Walk	1.5 MILES Easy	STRENGTH & CORE	1.5 MILES Easy	REST	1.5 MILES Easy	30-60 MIN WALK
2	AUG 28 - SEPT 3	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 4 - SEPT 10	Rest or Run/Walk	2 MILES Easy	STRENGTH & CORE	1.5 MILES Easy	REST	2 MILES Easy	40-60 MIN WALK
4	SEPT 11 - SEPT 17	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 18 - SEPT 24	Rest or Run/Walk	2.5 MILES Easy	STRENGTH & CORE	2 MILES Easy	REST	2.5 MILES Easy	50-60 MIN WALK
6	SEPT 25 - OCT 1	Rest or Run/Walk	2.75 MILES Easy	STRENGTH & CORE	2 MILES Easy	REST	2.75 MILES Easy	55-60 MIN WALK
7	OCT 2 - OCT 8	Rest or Run/Walk	3 MILES Easy	STRENGTH & CORE	3 MILES Easy	REST	3 MILES Easy	60 MIN WALK
8	OCT 9 - OCT 15	Rest or Run/Walk	3 MILES Easy	STRENGTH & CORE	2 MILES Easy	REST	<b>RACE DAY</b>	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.

**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

## 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.

**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](http://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.

## CALENDAR OF EVENTS

### JUNE

12 // First Day of Official Training

17 // 1st Saturday Group Run

### AUGUST

21 // 5K Training Starts

### SEPTEMBER

23 // 12/20 Miler

### OCTOBER

12 // Team Dinner and Commissioning

13-14 // Detroit Marathon Expo/Race Packet Pick-Up

14 // 5K and Kids' Fun Run

15 // Half Marathon and Full Marathon