

5-MILE RUN TRAINING PROGRAM – ADVANCED

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|-------------|-------------------------------------|-----------------------------------|---------------------------|---------------------------------------|-----------------------------------|------------------------------------|--------------------------------|
| 1 | | Run rEV – and/or 25 min. tempo | 4 x 400 mile pace | 2 mile run and strength training | Rest | 4 miles total – 2 miles at pace | 4 mile easy run |
| 2 | 2-mile run and strength training | Run rEV – and/or 30 min. tempo | 5 x 400 mile pace | 2.5 mile run and strength training | Rest | 2 m + strength | 5 mile easy run |
| 3 | 3-mile run and strength training | Run rEV – and/or 30 min. tempo | 6 x 400 mile pace | 3 mile run and strength training | 30 min cardio or Rest | 1 m run + strength | 6 mile easy run |
| 4 | 3-mile run and strength training | Run rEV – and/or 40 min. tempo | 7 x 400 mile pace | 4 mile run and strength training | 60 min cardio or Rest | 60 min cross training | 7 mile easy run |
| 5 | 3-mile run and strength training | Run rEV – and/or 50 min. tempo | 8 x 400 mile pace | 5 mile run and strength training | 60 min cardio or Rest | 60min cross training | 8 mile easy run |
| 6 | 3-mile run and strength training | Run rEV – and/or 30 min. tempo | 9 x 400 mile pace | 3 mile run and strength training | Rest | 60 min cross training | Test self on race course |
| 7 | 3-mile run and strength training | Run rEV – and/or 50 min. tempo | 10 x 400 mile pace | 6 mile run and strength training | 60-90 min cardio or 2 mile run | 60 min cross training | 8 mile easy run |
| 8 | 3-mile run and strength training | Run rEV – and/or 30 min. tempo | 11 x 400 mile pace | 3 mile run and strength training | 60-90 min cardio or 2 mile run | 5 m total 2 m total | 9 mile easy run |
| 9 | 3-mile run and strength training | Run rEV – and/or 60 min. tempo | 12 x 400 mile pace | 6 mile run and strength training | 60-90 min cardio or 2 mile run | 60 min cross training | 10 mile easy run |
| 10 | strength training | Run rEV – and/or 30 min. tempo | 30-60 min cardio/cross | Rest | Rest | High 5 - Cinco de May race | Plan for your next goal! |

PRE-REQUISITES: 8-10 mile runner at 9-minute mile or less

-Please incorporate stretching into your workout schedule.

5-MILE RUN TRAINING PROGRAM – WALKING

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|-------------|-------------------------------------|-------------------------------------|-------------------|----------------------|---------------|----------------------------|--------------------------|
| 1 | 20-30 min. of cardio/cross training | run rEV: 40 – 60 min. training walk | Strength training | 30 to 60 minute walk | Rest | 2 – 5 mile walk | 45-90 min walk |
| 2 | 20-30 min. of cardio/cross training | run rEV: 40 – 60 min. training walk | Strength training | 35 – 65 minute walk | Rest | 2.5 -5 mile walk | 55-90 min walk |
| 3 | 20-30 min. of cardio/cross training | run rEV: 45 – 60 min. training walk | Strength training | 40 – 70 minute walk | Rest | 3 – 6 mile walk | 65-90 min walk |
| 4 | 25-30 min. of cardio/cross training | run rEV: 45 – 60 min. training walk | Strength training | 45 – 75 minute walk | Rest | 4 – 6 mile walk | 45-90 min walk |
| 5 | 25-30 min. of cardio/cross training | run rEV: 45 – 60 min. training walk | Strength training | 50 – 80 minute walk | Rest | 4.5 – 6 mile walk | 75-90 min walk |
| 6 | 30 min. of cardio/cross training | run rEV: 50 – 60 min. training walk | Strength training | 55 – 85 minute walk | Rest | Test self on race course | Rest |
| 7 | 30 min. of cardio/cross training | run rEV: 50 – 60 min. training walk | Strength training | 60 – 90 minute walk | Rest | 5.5 – 7 mile walk | 80-90 min walk |
| 8 | 30-40 min. of cardio/cross training | run rEV: 55 – 60 min. training walk | Strength training | 65 – 90 minute walk | Rest | 5.5 - 7 mile walk | 85-90 min walk |
| 9 | 30-40 min. of cardio/cross training | run rEV: 60 min. training walk | Strength training | 70 – 90 minute walk | Rest | 6 mile walk | 90 min walk |
| 10 | 20-30 min. of cardio/cross training | run rEV: 30-45 min. training walk | Strength training | Rest | Rest | High 5 - Cinco de May race | Plan for your next goal! |

PRE-REQUISITES: 2.5-mile walker

-Please incorporate stretching into your workout schedule.

5-MILE RUN TRAINING PROGRAM – INTERMEDIATE

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|--------------------|-------------------------------------|------------------------------------|-------------------------------|------------------------|--|------------------------------------|--------------------------------|
| 1 | | Run rEV – and/or 3 mile run | Core and strength training | 2 mile run | 30 – 60 min. cardio/cross training | 3 miles total - 1 mile at pace | Rest |
| 2 | 2-mile run and strength training | Run rEV – and/or 4 mile Fartlek | Core and strength training | 2.5 mile run | 30 – 60 min. cardio/cross training | 3 miles total | Rest |
| 3 | 3-mile run and strength training | Run rEV – and/or 4 mile Fartlek | Core and strength training | 3 mile run | 30 – 60 min. cardio/cross training | 3 miles total - 1 mile at pace | Rest |
| 4 | 3-mile run and strength training | Run rEV – and/or 4-5 mile hills | Core and strength training | 4 mile run | 45 – 60 min. cardio/cross training | 3 miles total - 2 miles at pace | Rest |
| 5 | 3-mile run and strength training | Run rEV – and/or 50 min. tempo | Core and strength training | 5 mile run | 45 – 60 min. cardio/cross training | 3 miles total - 2 miles at pace | Rest |
| 6 | 3-mile run and strength training | Run rEV – and/or 30 min. tempo | Core and strength training | 3 mile run | Rest | Test self on race course | Rest |
| 7 | 3-mile run and strength training | Run rEV – and/or 50 min. tempo | Core and strength training | 4 mile run | 45 – 60 min. cardio/cross training | 4 miles total - 3 miles at pace | Rest |
| 8 | 3-mile run and strength training | Run rEV – and/or 30 min. tempo | Core and strength training | 5 mile run | 45 – 60 min. cardio/cross training | 4 miles total - 3 miles at pace | Rest |
| 9 | 3-mile run and strength training | Run rEV – and/or 60 min. tempo | Core and strength training | 4 mile run | 45 – 60 min. cardio/cross training | 5 miles total - 3 miles at pace | Rest |
| 10 | strength training | Run rEV – and/or 30 min. tempo | Core training | Rest | Rest | High 5 - Cinco de May race | Plan for your next goal! |

PRE-REQUISITES: 3-4 mile runner at 11-minute mile or less

-Please incorporate stretching into your workout schedule.

1.5-MILE RUN TRAINING PROGRAM – ADVANCED

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|-------------|---|------------------------------|-------------------------------|----------------------|--------------------------------|-------------------------------|--------------------------------|
| 1 | | Run rEV – and/or 4 x 400 | Core and strength training | 20 min. tempo run | 50 min. or 4 mile run | 2.5 miles run (fast) | Rest |
| 2 | Cardio/cross 30 - 60 and 3 mile run | Run rEV – and/or 6 x 400 | Core and strength training | 25 min. tempo run | 55 min. or 4-5 mile run | 3 miles run (fast) | Rest |
| 3 | Cardio/cross 30 - 60 and 3 mile run | Run rEV – and/or 5 x 400 | Core and strength training | 30 min. tempo run | 60 min. or 5 mile run | 3 miles run (fast) | Rest |
| 4 | Cardio/cross 45 - 60 and 3 mile run | Run rEV – and/or 7 x 400 | Core and strength training | 35 min. tempo run | 65 min. or 5 to 6 mile run | 3.5 miles run (fast) | Rest |
| 5 | Cardio/cross 45 - 60 and 3 mile run | Run rEV – and/or 6 x 400 | Core and strength training | 40 min. tempo run | 70 min. or 6 to 7 mile run | 3.5 miles run (fast) | Rest |
| 6 | Cardio/cross 45 - 60 and 3 mile run | Run rEV – and/or 9 x 200 | Core and strength training | 45 min. tempo run | Rest | Test self on race course | Rest |
| 7 | Cardio/cross 60 - 90 and 3 mile run | Run rEV – and/or 7 x 400 | Core and strength training | 50 min. tempo run | 80 min. or 7 to 9 mile run | 4 miles run (fast) | Rest |
| 8 | Cardio/cross 60 - 90 and 3 mile run | Run rEV – and/or 800 pace | Core and strength training | 55 min. tempo run | 85 min. or 8 to 10 mile run | 4 miles run (fast) | Rest |
| 9 | Cardio/cross 60 -90 and 3 mile run | Run rEV – and/or 8 x 400 | Core and strength training | 60 min. tempo run | 90 min. or 9 to 10 mile run | 4.5 miles run (fast) | Rest |
| 10 | Cardio/cross 30 min | Run rEV – and/or 6 x 200 | Core training | Rest | Rest | High 5 - Cinco de May race | Plan for your next goal! |

PRE-REQUISITES: 5 mile runner at 10-minute mile or less

-Please incorporate stretching into your workout schedule.

1.5-MILE RUN TRAINING PROGRAM – INTERMEDIATE

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|-------------|---|---------------------------------------|----------------------------|-------------------|---------------------|----------------------------|--------------------------|
| 1 | | Run rEV – and/or core work / 1 mile | Core and strength training | 20 min. tempo run | 1 mile run (easy) | 1 mile run (fast) | Rest |
| 2 | Cardio/cross 20 - 60 min and 1 mile run | Run rEV – and/or core work / 1 mile | Core and strength training | 4 x 400 | 1 mile run (easy) | 1 mile run (fast) | Rest |
| 3 | Cardio/cross 20 - 60 min and 1 mile run | Run rEV – and/or core work / 1.5 mile | Core and strength training | 30 min. tempo run | 1 mile run (easy) | 1.5 miles run (fast) | Rest |
| 4 | Cardio/cross 30 - 60 min and 1.5 mile run | Run rEV – and/or core work / 1.5 mile | Core and strength training | 6 x 400 | 1.5 mile run (easy) | 1.5 miles run (fast) | Rest |
| 5 | Cardio/cross 30 - 60 min and 1.5 mile run | Run rEV – and/or core work / 2 mile | Core and strength training | 35 min. tempo run | 1.5 mile run (easy) | 2 miles run (fast) | Rest |
| 6 | Cardio/cross 30 - 60 min and 2 mile run | Run rEV – and/or core work / 2 mile | Core and strength training | 7 x 400 | Rest | Test self on race course | Rest |
| 7 | Cardio/cross 45 - 60 min and 2 mile run | Run rEV – and/or core work / 2 mile | Core and strength training | 40 min. tempo run | 1.5 mile run (easy) | 2 miles run (fast) | Rest |
| 8 | Cardio/cross 45 - 60 min and 2.5 mile run | Run rEV – and/or core work / 2 mile | Core and strength training | 8 x 400 | 2 mile run (easy) | 2 miles run (fast) | Rest |
| 9 | Cardio/cross 60 -90 min and 2 mile run | Run rEV – and/or core work / 2 mile | Core and strength training | 30 min. tempo run | 2 mile run (easy) | 2.5 miles run (fast) | Rest |
| 10 | Cardio/cross 30 min | Run rEV – and/or core work / 1 mile | Core training | Rest | Rest | High 5 - Cinco de May race | Plan for your next goal! |

PRE-REQUISITES: 1-mile runner

-Please incorporate stretching into your workout schedule.

1.5-MILE RUN TRAINING PROGRAM – NOVICE

| <u>Week</u> | <u>Mon</u> | <u>Tuesday</u> | <u>Wed</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sun</u> |
|-------------|-----------------------------|--|----------------------------|---|--------------------------------|--|------------|
| 1 | | Run rEV or Brisk 5-min warm-up walk. Alternate 30 seconds of jogging and 90 seconds of walking for total of 45 minutes | Core and strength training | Brisk 5-min warm-up walk. Alternate 30 seconds of jogging and 90 seconds of walking for total of 45 minutes | Core & 20 min. cardio training | Brisk 5-min warm-up walk. Alternate 30 seconds of jogging and 90 seconds of walking for total of 45 minutes | Rest |
| 2 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk. Alternate 45 seconds of jogging and 90 seconds of walking for total of 50 minutes | Core and strength training | Brisk 5-min warm-up walk. Alternate 45 seconds of jogging and 90 seconds of walking for total of 50 minutes | Core & 25 min. cardio training | Brisk 5-min warm-up walk. Alternate 45 seconds of jogging and 90 seconds of walking for total of 50 minutes | Rest |
| 3 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk. Alternate 60 seconds of jogging and 90 seconds of walking for total of 60 minutes | Core and strength training | Brisk 5-min warm-up walk. Alternate 60 seconds of jogging and 90 seconds of walking for total of 60 minutes | Core & 30 min. cardio training | Brisk 5-min warm-up walk. Alternate 60 seconds of jogging and 90 seconds of walking for total of 60 minutes | Rest |
| 4 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk. Alternate 90 seconds of jogging and 2 minutes of walking for total of 60 minutes | Core and strength training | Brisk 5-min warm-up walk. Alternate 90 seconds of jogging and 2 minutes of walking for total of 60 minutes | Core & 30 min. cardio training | Brisk 5-min warm-up walk. Alternate 90 seconds of jogging and 2 minutes of walking for total of 60 minutes | Rest |
| 5 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk, then two repetitions of: Jog 200 yards or 90 sec Walk 200 yards or 90 sec Jog 400 yards or 3 min Walk 400 yards or 3 min | Core and strength training | Brisk 5-minute warm-up walk, then two repetitions: Jog 200 yards or 90 sec Walk 200 yards or 90 sec Jog 400 yards or 3 min Walk 400 yards or 3 min | Core & 30 min. cardio training | Brisk 5-minute warm-up walk, then two repetitions: Jog 200 yards or 90 sec Walk 200 yards or 90 sec Jog 400 yards or 3 min Walk 400 yards or 3 min | Rest |
| 6 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk, then: Jog 1/4 mile or 3 min Walk 1/8 mile or 90 sec Jog 1/2 mile or 5 min Walk 1/4 mile or 2.5 min Jog 1/4 mile or 3 min | Core and strength training | Brisk 5-min warm-up walk, then: Jog 1/4 mile or 3 min Walk 1/8 mile or 90 sec Jog 1/2 mile or 5 min Walk 1/4 mile or 2.5 min Jog 1/4 mile or 3 min | Rest | Test self on race course | Rest |

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|-----------|-----------------------------------|--|-------------------------------------|---|---|--|-----------------------------------|
| | | Walk 1/8 mile or 90 sec Jog 1/2 mile or 5 min | | Walk 1/8 mile or 90 sec Jog 1/2 mile or 5 min | | | |
| 7 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk, then: Jog 1/2 mile or 5 min Walk 1/4 mile or 3 min Jog 1/2 mile or 5 min Walk 1/4 mile or 3 min Jog 1/2 mile or 5 min | Core and strength training | Brisk 5-min warm-up walk, then: Jog 3/4 mile or 8 min Walk 1/2 mile or 5 min Jog 3/4 mile or 8 min | Core & 30-45 min. cardio training | Brisk 5-min warm-up walk, then: Jog 2 miles or 20 minutes (run/walk if necessary) | Rest |
| 8 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk, then: Jog 1/2 mile or 5 min Walk 1/4 mile or 3 min Jog 3/4 mile or 8 min Walk 1/4 mile or 3 min Jog 1/2 mile or 5 min | Core and strength training | Brisk 5-min warm-up walk, then: Jog 1mile or 10 minutes Walk 1/4 mile or 3 min Jog 1 mile or 10 min | Core & 30-60 min. cardio training | Brisk 5-min warm-up walk, then: Jog 2 miles or 20 minutes (run/walk if necessary) | Rest |
| 9 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk, then jog 1.5 miles or 15 minutes | Core and strength training | Run rEV or Brisk 5-min warm-up walk, then jog 1.5 miles or 15 minutes | Core & 30-60 min. cardio training | Run rEV or Brisk 5-min warm-up walk, then jog 1.5 miles or 15 minutes | Rest |
| 10 | Cardio cross 30 - 60 min | Run rEV or Brisk 5-min warm-up walk, then jog 1.5 miles or 15 minutes. | Core training | Rest | Rest | High 5 - Cinco de May race | Plan your next goal ! |

PRE-REQUISITES: Able to walk 3 miles

-Please incorporate stretching into your workout schedule.

1.5-MILE WALK TRAINING PROGRAM

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|-------------|--------------------------|-----------------------------|----------------------------|----------------------|---------------------|----------------------------|--------------------------|
| 1 | | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 1/2 – 2 mile walk | Rest |
| 2 | Cardio/cross 15 - 30 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 1/2 – 2 mile walk | Rest |
| 3 | Cardio/cross 15 - 30 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 3/4 – 2 mile walk | Rest |
| 4 | Cardio/cross 15 - 45 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 1 – 3 mile walk | Rest |
| 5 | Cardio/cross 15 - 45 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 1 1/4 – 3 mile walk | Rest |
| 6 | Cardio/cross 15 - 45 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Rest | Test self on race course | Rest |
| 7 | Cardio/cross 30 - 45 min | Run rEV – or 60 minute walk | Core and strength training | 40 min. tempo run | Cross train or rest | 1 1/2 – 3 mile walk | Rest |
| 8 | Cardio/cross 30 - 60 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 1 1/2 – 4 mile walk | Rest |
| 9 | Cardio/cross 30 - 60 min | Run rEV – or 60 minute walk | Core and strength training | 30 to 60 minute walk | Cross train or rest | 1 1/2 – 4 mile walk | Rest |
| 10 | Cardio/cross 30 - 60 min | Run rEV – or 60 minute walk | Core training | Rest | Rest | High 5 - Cinco de May race | Plan for your next goal! |

PRE-REQUISITES: Able to walk or be on feet for 60 minutes

-Please incorporate stretching into your workout schedule.