5 mile (8K) Intermediate Training Schedule

Beauty and the BEACH

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #	September 5, 2016	September 6, 2016	September 7, 2016	September 8, 2016	September 9, 2016	September 10, 2016	September 11, 2016
1	3 m run + strength	3 m run	30 min tempo run	3 m run + strength	Rest	60 min cross	4 m run
	September 12, 2016	September 13, 2016	September 14, 2016	September 15, 2016	September 16, 2016	September 17, 2016	September 18, 2016
2	3 m run + strength	3.5 m run	6 x 400 5-K pce	4 m run + strength	Rest	60 min cross	5 m run
	September 19, 2016	September 20, 2016	September 21, 2016	September 22, 2016	September 23, 2016	September 24, 2016	September 25, 2016
3	3 m run + strength	4 m run	35 min tempo run	3 m run + strength	Rest	60 min cross	3 m run
	September 26, 2016	September 27, 2016	September 28, 2016	September 29, 2016	September 30, 2016	October 1, 2016	October 2, 2016
4	3 m run + strength	4.5 m run	7 x 400 5-K pace	4 m run + strength	Rest	60 min cross	5 m run
	October 3, 2016	October 4, 2016	October 5, 2016	October 6, 2016	October 7, 2016	October 8, 2016	October 9, 2016
5	3 m run + strength	5 m run	40 min tempo run	3 m run + strength	Rest	60 min cross	6 m run
	October 10, 2016	October 11, 2016	October 12, 2016	October 13, 2016	October 14, 2016	October 15, 2016	October 16, 2016
6	3 m run + strength	5.5 m run	8 x 400 5-K pace	4 m run + strength	Rest	60 min cross	4 m run
	October 17, 2016	October 18, 2016	October 19, 2016	October 20, 2016	October 21, 2016	October 22, 2016	October 23, 2016
7	3 m run + strength	6 m run	45 min tempo run	3 m run + strength	Rest	60 min cross	7 m run
	October 24, 2016	October 25, 2016	October 26, 2016	October 27, 2016	October 28, 2016	October 29, 2016	October 30, 2016
8	3 m run + strength	3 m run	4 x 400 5-K pace	1-3 m run	Rest	5 m (8-K) race	Rest

5 Mile (8-K) Training Guide - Intermediate Program

Intermediate runners: Training to Improve Their 5 mile (8-K) Time

Introduction: The following schedule is for Intermediate runners: individuals who want to improve their performances at the increasingly popular 5 mile (8-K) distance. What defines an Intermediate runner? You should be running five to six times a week, averaging 15-25 miles of weekly training. You probably also should have run a half dozen or more races at distances between the 5-K and the Half-Marathon. With that as background, you now need a somewhat more sophisticated schedule to improve. If that doesn't sound like you, you might be more comfortable using one of the other programs designed for novice or advanced runners.

Runs: The runs of 3-6 miles on Mondays, Tuesdays and Thursdays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast. For those who use heart monitors to measure their level of exertion, you would be running between 65 to 75 percent of maximum. In other words, run easy. If you want to run with others, be cautious that they don't push you to run faster than planned.

5 mile (8K) Intermediate Training Schedule

Rest: Rest is an important part of your training. Friday is always a day of rest in the Intermediate program. Be realistic about your fatigue level, and don't feel guilty if you decide to take an additional day off. (Best bet is Monday.) Specifically consider scheduling at least one extra rest day during the stepback weeks.

Tempo Runs: A tempo run is a continuous run with a buildup in the middle to near race pace. (Notice I said "near" race pace. You don't want to go faster than your 5 mile (8-K) race pace.) In this program, tempo runs are scheduled for every other Wednesday, alternating with interval training on the track. A tempo run of 30 to 40 minutes would begin with 10-15 minutes of easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual, not sudden, with peak speed coming about two-thirds into the workout and only for a few minutes. You can do tempo runs almost anywhere: on the road, on trails or even on a track.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace. Interval training where you alternate fast running with jogging or walking is a very effective form of speedwork. The training schedule includes interval training featuring 400-meter reps (repeats) every other week, alternating with the tempo runs discussed above. Run the 400s at about the pace you would run in a 5-K race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-meter track, these workouts can be done on the road or on trails, either by using measured courses or by running hard approximately the length of time you would run a 400 on the track. For instance, if you normally run 400 reps in 90 seconds, do fast reps for that length of time and don't worry about distance.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts above and pace workouts below. Most novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As an Intermediate runner, you have a slightly different goal, otherwise you wouldn't be using this program, so warm up before you run fast. My usual warm-up is to jog a mile or two, sit down and stretch for 5-10 minutes, then run some easy strides (100 meters at near race pace). And I usually cool down afterwards by doing half of the warm-up.

Rest: The most important day in any running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve much. In this program, Friday is always scheduled as a day of rest to compliment the easy workouts on Mondays.

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it--particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights or working out with various machines at a Health Club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. Mondays and Thursdays would be good days to combine stretching and strengthening with your easy run, however, you can schedule Stretch & Strength workouts on any day that is convenient for your business and personal schedule.

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for an 8-K? It could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training. And feel free to throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Stepback: Please notice that the mileage is slightly reduced during Weeks 3 and 6. These are "stepback" weeks in which you relax your training--again slightly--to gather yourself for the next push upward in difficulty. I use stepback weeks in my marathon training programs and find that they provide not only a physical, but also a mental break.

Long Runs: As an experienced runner, you probably already do a long run on the weekends anyway. This schedule suggests a slight increase in distance as you get closer to race date: from 4 to 8 miles. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace.

Feel free to make minor modifications to suit your own particular schedule needs. If you have any questions send an email to Joe@BeautyAndTheBeachRun.com (our Certified Endurance Running Coach).