

5K RUNNING REVOLUTION TRAINING PROGRAM

runrev.org

INTERMEDIATE	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1		10 min dynamic stretch 2.5 miles easy  3 min cool down walk 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 2 miles easy  3 min cool down walk 10 min static stretch	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
	Rest or easy walk	10 min dynamic/warm 2.5 miles medium  3 min cool down walk 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 1 mile medium – 1 min  then  X 2 3 min cool down walk 10 min static stretch	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 2	Rest or easy walk	10 min dynamic/warm 1 mile cadence - 1 min  then  X 3 3 min cool down jog 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 2 miles easy  3 min cool down walk 10 min static stretch	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
	Rest or easy walk	10 min dynamic/warm 3.1 miles hills  3 min cool down walk 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 2.5 miles easy  3 min cool down walk 10 min static stretch	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 3	Rest or easy walk	10 min dynamic/warm 1 mile cadence - 1 min  then  X 3 3 min cool down jog 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 2.5 miles easy  3 min cool down walk 10 min static stretch	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
	Rest or easy walk	10 min dynamic/warm 3.1 mile tempo run  10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 3.1 mile easy  10 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 4	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 3.1 mile tempo run  10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 3.1 mile easy  10 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 4 miles easy  3 min cool down walk 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 3.1 mile medium  10 min static stretch	Rest or easy walk	10 min dynamic stretch 3.1 miles easy  5 min static stretch	Rest or easy walk
Week 5	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 3.1 miles – 1 block intervals  3 min cool down jog 10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic/warm 4 miles easy  10 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
	30 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 3.1 miles race pace  10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 3 miles easy  10 min cool down walk 10 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 6	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 3.1 miles race pace  10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	30 min yoga, swimming, pilates or static stretch	Rest or easy walk	Rock the Cinco Race See you at the finish line!	Pick your next goal and start working toward it! Great Job!
	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic/warm 3.1 miles race pace  10 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	30 min yoga, swimming, pilates or static stretch	Rest or easy walk	Rock the Cinco Race See you at the finish line!	Pick your next goal and start working toward it! Great Job!

This run plan has been created with input from the work of Hal Higdon, Jeff Galloway, Runner's World and Dr. Jim Roberts. It is a guideline not a set of rules.

If this regimen isn't challenging enough, ramp it up or move up to the next plan. If it is too challenging, dial it down or move down to the next plan.

Tuesday runs are suggestions, your coaches may choose to switch it up a bit. If you aren't familiar with any terms used, please consult "Training Terms" pdf.

If you need some direction for cardio or strength training, please see "Cardio Training" and "Strength Training" pdfs.