

Intermediate- Recreational runner or someone rising from finisher to racer. Ran in past or ran at least one 5K

To begin properly you should ease into your running program gradually. The technical term for easing into running gradually is called periodization. Athletes of all sports and levels have to ease back into training routines gradually to prevent injury and allow their bodies to slowly adapt to the increase load of training.

Another error many people make is in pace. You've got to slow down and even feel at times that you're running ridiculously slow to ease into running. This is not a 100 yard dash and you'll be running consistently from 16 to 45 minutes to complete the 5K distance depending on your abilities. Only collegic level runners can run near the 16:00 minutes mark for a 5K; then there's the rest of us!

This plan will focus on using time verses distance for your runs: instead of assigning a 2 mile run, we would suggest an 18:00 minute run. So, with our plans you'll rarely see an assigned distance until you get into the final weeks of your plan

Easy Runs

Totally comfortable. Breathing hard enough to know that you're running, but still able to hold up your end of an on-the-run chat. If you can't, it's too hard; on the other hand, if you can sing every verse of "It's gonna be a bright, bright sun shiny day..." en route, it's too easy.

Long Runs

Anything longer than race distance whose purpose is to build endurance, specifically the ability to run for longer and longer periods of time without crapping out.

Speed

Shorter than race distance repetitions at or below your goal race pace. Can be hard to very hard to nearly flat-out. Produces leg speed, elevated lactic threshold, stamina, biomechanical efficiency, and the ability to tolerate the discomfort that's essential to racing fitness

Intervals- Prescribed short distances

Temp- Warm up, then race pace for a brief time **Tempo Runs:** This is a continuous run with an easy beginning, a buildup in the middle to near 10-K race pace, then ease back and cruise to the finish. A typical tempo run would begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down. You can't figure out your pace on a watch doing this workout; you need to listen to your body. Tempo runs are very useful for developing anaerobic threshold, essential for fast 5-K racing.

