



# DOWNTOWN DASH

## 5K FUN RUN/WALK

Ready to try a 5K? This plan will prepare you to run/walk 3.1 miles with the power of your very own body!

This **advanced training plan** is designed for those who have ran/trained for multiple 5K races before. Remember, the race is May 18<sup>th</sup>, 2022!

Friday 4/15	Saturday 4/16	Sunday 4/17	Monday 4/18	Tuesday 4/19	Wednesday 4/20	Thursday 4/21
3-mile run	5 x 400 intervals	Rest or easy run	30-minute tempo	Rest	4-mile run	50-minute run easy pace
Friday 4/22	Saturday 4/23	Sunday 4/24	Monday 4/25	Tuesday 4/26	Wednesday 4/27	Thursday 4/28
3-mile run	6 x 200 intervals	Rest or easy run	35-minute tempo	Rest	4-mile run	60-minute run easy pace
Friday 4/29	Saturday 4/30	Sunday 5/1	Monday 5/2	Tuesday 5/3	Wednesday 5/4	Thursday 5/5
3-mile run	7 x 200 intervals	Rest or easy run	40-minute tempo	Rest or easy run	5-mile run	50-minute run easy pace
Friday 5/6	Saturday 5/7	Sunday 5/8	Monday 5/9	Tuesday 5/10	Wednesday 5/11	Thursday 5/12
3-mile run	8 x 400 intervals	Rest or easy run	45-minute tempo	Rest	5-mile run	60-minute run easy pace
Friday 5/13	Saturday 5/14	Sunday 5/15	Monday 5/16	Tuesday 5/17	Wednesday 5/18	Thursday 5/19
2-mile run	5 x 200 intervals	30-minute tempo	Rest or easy run	Rest	Downtown Dash 5K Fun Run/Walk	Rest & Relax <b>You did it!</b>

**Interval Training:** To improve speed, you sometimes need to train at a pace faster than your race pace for the 5K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 meters. Cool down afterwards with a short jog.

**Tempo Runs:** This is a continuous run with an easy beginning, a buildup in the middle to near 10K 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 your anaerobic threshold, essential for fast 5K racing.