

**4 Week Training Plan**

**Improve Your 5k: Comfortable with running a 5k but looking to improve your time? Choose this plan!**

Plan on completing three runs per week, spaced out by 48 hours minimum. A day for specific mileage, a day for a tempo run, and a day for interval running. The interval running days would be easier to do on a track due to the specific measurements but can be done wherever you feel comfortable. On non-running days, rest or cross training is recommended. Cross training can be any cardio activity other than running: swimming, biking, hiking, rowing, etc. Rest or active recovery can be anything from total rest, light walking, or yoga/stretching. Make sure you are getting at least one rest/active recovery day per week!

Tempo Runs: run 5-10 mins at an easy pace. Then run 15-20 mins a little under your 5K pace; if unsure of your 5K pace, run at a pace that is comfortably hard. Finishing off with 5-10 mins of a cool down pace.

Interval Workout (IW): After a warm-up, run 400 meters (one lap around most tracks) hard, and then recover by jogging / walking 200 meters or 400 meters for the designated amount of times. Make sure you cool down with a 10-minute easy jog.

**Week 1**

Day 1: 30-minute tempo run

Day 2: 5-400m IW

Day 3: 2.5 miles

**Week 2**

Day 1: 35-minute tempo run

Day 2: 6-400m IW

Day 3: 3 miles

**Week 3**

Day 1: 40-minute tempo run

Day 2: 7-400m IW

Day 3: 3.5 miles

**Week 4**

Day 1: 40-minute tempo run

Day 2: 6-400m IW

Day 3: 3.1 mile run at race pace

**Competition Week**

Day of competition:

Stretch and do dynamic warm up before/during bench press portion

First 5 minutes: slowly ramp up your pace to your 3 mile race pace

Finish strong! Bump up the pace at the last mile or half mile if you feel as if you have some energy left. Don't hold back!