

# TIPS FOR TRAINING

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## SPEED WORKOUTS

For SPEED days - work on 400 M, 800 M and 1-mile repeats (if you're not on a track just estimate these distances). The key to getting the most out of SPEED days is to run them at race pace!

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## TEMPO WORKOUTS

Maintain your race pace for the time allotted in the training plan. Practice makes perfect so the more you run at your race pace the better you will get at maintaining that pace for race day - and not start too fast and run out of gas.

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## RACE PACE

The best way to set your race pace goal is to see what pace feels comfortable while running. Find a pace where you feel comfortable talking (at least a sentence) and that you can maintain for your run distance.

# MONTH 1



"WHEN YOU EMBARK FOR STRANGE PLACES, DON'T LEAVE ANY OF YOURSELF SAFELY ON SHORE. HAVE THE NERVE TO GO INTO UNCHARTED TERRITORY." - ALAN ALDA

SUN	MON	TUE	WED	THU	FRI	SAT
<b>8 WEEK</b>						
<b>5K TRAINING PLAN</b>						
<b>WEEK 1</b>	<b>WORKOUT 1</b> 2 MILES	<b>WORK OUT 2</b> SPEED WORK: 3 X 400S			<b>WORKOUT 3</b> 2 MILES	
<b>WEEK 2</b>	<b>WORKOUT 1</b> 2 MILES	<b>WORK OUT 2</b> TEMPO 20 MINUTES			<b>WORKOUT 3</b> 2.5 MILES	

# MONTH 2



"I AM THE GREATEST, I SAID THAT EVEN BEFORE I KNEW I WAS."  
- MUHAMMAD ALI

SUN	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 3</b>	<b>WORKOUT 1</b> 2.5 MILES		<b>WORKOUT 2</b> SPEED WORK: 4 X 400S		<b>WORKOUT 3</b> 2.5 MILES	
<b>WEEK 4</b>	<b>WORKOUT 1</b> 2.5 MILES		<b>WORKOUT 2</b> TEMPO 25 MINUTES		<b>WORKOUT 3</b> 3 MILES	
<b>WEEK 5</b>	<b>WORKOUT 1</b> 3 MILES		<b>WORKOUT 2</b> SPEED WORK: 5 X 400S		<b>WORKOUT 3</b> 3 MILES	
<b>WEEK 6</b>	<b>WORKOUT 1</b> 3 MILES		<b>WORKOUT 2</b> TEMPO 30 MINUTES		<b>WORKOUT 3</b> 3.5 MILES	

# MONTH 3



"THERE'S NO SHAME IN FAILING. THE ONLY SHAME IS NOT GIVING THINGS YOUR BEST SHOT." -ROBIN WILLIAMS

SUN	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 7</b>	<b>WORKOUT 1</b> 3.5 MILES		<b>WORKOUT 2</b> SPEED WORK: 6 X 400S			<b>WORKOUT 3</b> 4 MILES
<b>WEEK 8</b>	<b>WORKOUT 1</b> 2 MILES @ RACE PACE			<b>WORKOUT 2</b> 2 MILES		<b>5K DAY!</b>

## HYDRATION TIP:

Drink lots of water throughout the day, not just race day morning! Generally you should try to drink half your body weight in ounces. Staying hydrated can also help prevent cramping during training runs and on race day.