

RUN NONAHO 20

8 WEEK PERFORM BETTER RUN A FASTER 5K

5K TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 Miles & 2 Strides	Rest	5x2 Min Hard/ 1 Min Easy	Rest	3 Miles	4 Miles	Rest
WEEK 2	3 Miles & 2 Strides	Cross-Train	5x2 Min Hard/ 1 Min Easy	Rest or Cross-Train	3 Miles	4 Miles	Rest
WEEK 3	3 Miles & 2 Strides	Cross-Train	6x.25 Mi Hard with 2 Min Rest Between	Rest or Cross-Train	3 Miles	5 Miles	Rest
WEEK 4	4 Miles & 3 Strides	Cross-Train	4x .5 Mi at 5k Pace with 2 Min Rest Between	3 Miles or Cross-Train	3 Miles	5 Miles	Rest
WEEK 5	4 Miles & 3 Strides	Cross-Train	6x.25 Mi Hard with 2 Min Rest Between	Rest or Cross-Train	3 Miles	5 Miles	Rest
WEEK 6	4 Miles & 3 Strides	Cross-Train	.25 Mi, .5 Mi, .25 Mi, .5 Mi with 2 Min Rest Between	3 Miles or Cross-Train	3 Miles	6 Miles	Rest
WEEK 7	3 Miles & 3 Strides	Cross-Train	6x.25 Mi Hard with 2 Min Rest Between	3 Miles or Cross-Train	2 Miles	4 Miles	Rest
WEEK 8	3 Miles & 3 Strides	Cross-Train	2 Miles	Rest	2 Miles		Rest

.25 Miles = once around a track or 400 meters. This workout can be done on a road or track.

Cross-Training includes swimming, cycling, spinning, rowing, strength training or walking and are 30-45 minutes at an easy to moderate intensity level. A stride is about 15-20s long where you start at a comfortable pace and gradually work your way up to a faster pace by the end of the time. Before beginning any exercise program, visit your doctor for a complete physical.

Official Training Sponsor

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PERFORMANCE
CLUB** 

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- Fuel your body
- Add in strength exercises to improve efficiency/ performance and decrease risk of injury.
- Hydrate!
- Drills improve mechanics
- Strides improve turnover and speed
- Wear proper footwear and get fit at Track Shack.
- Recover by stretching, rolling, massage, ice, etc.
- Have fun and enjoy the experience!



Shoes • Events • Training