



Step Up Run/Walk - May 11, 2019 Training Schedule

Beyond 5K (for those already at 5K and wanting to build to 10K)

Advanced Program (for those already running 10K and wanting to improve speed)

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	<ul style="list-style-type: none"> 25-min easy run 10-min warmup run 10-min tempo run (comfortably uncomfortable) 5-min cool down 	13	<ul style="list-style-type: none"> 25-min easy run with 2x1-min pick up anywhere within. 10-min warmup run 10-min tempo run 2 hills 10-min tempo 10-min cool down 	15	<ul style="list-style-type: none"> 30-min easy run 60 to 75-min long slow distance run
17	18	<ul style="list-style-type: none"> 30-min easy run Pyramid workout: 5-min warmup run run speed intervals (1-2-3-4-3-2-1 min) each all with half recovery times in between 	20	<ul style="list-style-type: none"> 30-min easy run with 2x1-min pick ups anywhere within. 10-min warmup run 3x(1K all out 1K easy) 	22	<ul style="list-style-type: none"> 35-min easy run 60 to 75-min long slow distance run
24	25	<ul style="list-style-type: none"> 35-min easy run 5-min warmup 5x(3-min all out 2-min recovery) 5-min cool down 	27	<ul style="list-style-type: none"> 35-min easy run. Add 2 hills anywhere within. 10-min warmup run 10-min tempo run 3 hills 10-min tempo run 10-min cool down 	29	<ul style="list-style-type: none"> 40-min easy run 70 to 85-minute long slow distance run
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April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <ul style="list-style-type: none"> 40-min easy run 10-min warmup run 3x(5-min tempo 5-min easy) 	3	4 <ul style="list-style-type: none"> 40-min easy run with 2x1-min pick ups anywhere within 10-min warmup 2 hills 15-min tempo 2 hills 10-min cool down 	5	6 <ul style="list-style-type: none"> 45-min easy 70 to 85-min long slow distance run
7	8	9 <ul style="list-style-type: none"> 40-min easy Pyramid workout: 10-min warmup run speed intervals (1-2-3-4-3-2-1 min) each all with half recovery times in between 10-min cool down 	10	11 <ul style="list-style-type: none"> 45-min easy run with 2x2-min pick ups anywhere within. 10-min warmup run 3 hills 20-min tempo run 2 hills 10-min cool down 	12	13 <ul style="list-style-type: none"> 50-min easy run 75-min easy run
14	15	16 <ul style="list-style-type: none"> 20-min easy run 5-min pick up 15-min easy run 10-min warmup run 20-min tempo 10-min cool down 	17	18 <ul style="list-style-type: none"> 45-min easy run with 3x2-min pick ups anywhere within. 10-min warmup run 3 hills 25-min tempo run 3 hills 10-min cool down 	19	20 <ul style="list-style-type: none"> 60-min easy run 75 to 90-min long slow distance run
21	22	23 <ul style="list-style-type: none"> 20-min easy run 5-min pick up 15-min easy run 10-min warmup run / 20-min tempo run / 10-min cool down 	24	25 <ul style="list-style-type: none"> 45-min easy run with 4x2-min pick ups anywhere within. 10-min warmup run 3 hills 30-min tempo run 3 hills 10-min cool down 	26	27 <ul style="list-style-type: none"> 70-min long slow distance run 75 to 90-min long slow distance run
28	29	30 <ul style="list-style-type: none"> 10-min warmup run 5x(2-min hard 2-min easy) 10-min cool down 10-min warmup run 3x(5-min hard 2-min easy) 10-min cool down 				





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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <ul style="list-style-type: none"> • 45-min easy run with 5x2-min pick ups anywhere within. • 10-min warmup run 4 hills 30-min tempo run 3 hills 10-min cool down 	3	4 <ul style="list-style-type: none"> • 70-min easy run • 70-min easy run
5	6	7 <ul style="list-style-type: none"> • 30-min easy run • 30-min easy run 	8	9 <ul style="list-style-type: none"> • 20-min easy run • 10-min warmup run 5-min all out 5-min cool down 	10	11 Step Up for Mental Health Run!
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

