

## 6 WEEK 5K NEW RUNNER PLAN

### LET'S TRAIN!

Join Pacers Running and FITDC for a six-week 5K training plan for runners of all skill levels, including new runners. The training program will culminate in the [Parkway Classic 5K](#) on 4.28.24!

### ELEMENTS OF THE PLAN

- 3 planned runs weekly: Tuesday Track Workouts at Washington Liberty, Thursday Steady State Runs with Old Town or Clarendon Social Run, and Saturday long runs (location rotates, see website).
- Thursday runs are focused on base mileage: easy to moderate pace runs focused on building an endurance base.
- Saturday runs should be focused on a consistent but challenging pace that helps build stamina (the goal here is to maintain your consistent pace as you increase your distance each week)!
- Tuesday Track workouts are focused on speed and really challenging ourselves on shorter intervals! (your goal 10 Mile pace and FASTER!)
- For Track Workouts, warm-up with easy/relaxed jogging before 6:30, we will do dynamic warmup together.
- Dynamic Warmup Routine for Track:
  - Butt kicks
  - Walking knee pulls
  - Lateral shuffle
  - Frankensteins
  - High Knees

### TRACK ETIQUETTE

- Share the track: Run on the inside, pass on the outside, ALWAYS LEAVE SPACE FOR OTHERS TO PASS YOU!
- Walking and Recoveries should happen in the outside lane or grass.
- Move out of the way as soon as you finish; NEVER stop on the track, Never walk on inside lanes.

## TRACK BASICS

- 1 lap of a standard track is 400 meters or  $\frac{1}{4}$  of a mile. This makes it easy to gauge pace during speed days!
- Our track workouts will often reference “goal pace” for your 10k. This is the minutes per mile pace that you are shooting for on race day. We will often alternate between reps at your goal pace and reps FASTER than your goal pace. The purpose of this is to help you learn to “feel” the pace you hope to race at AND to build speed and endurance.

## HELPFUL TIPS



### SUIT UP

It sounds simple but the first step is usually the hardest so start by putting your running clothes on! Lace up your shoes and now you are one step closer to going out the door.



### RUN/WALK

You don't need to just "run" to run! Start by going out for a walk. When you're warmed up, run a few hundred yards then take a break and walk again. Nearly all runners started this way.



### ACCOUNTABILITY

Its much harder to skip a run when you have a friend depending on you to show up. At the least, tell a friend about your plans to run so they can hold you accountable even if they don't join you.



### THE RIGHT FIT

You don't need fancy new gear to go on your first run. But having the right shoes and apparel will make your runs better as you continue your journey.

# WEEK 1

- Steady State Run: See what it feels like to just move for this amount of time/distance! This will be the base you build from!
- Track Workout: Alternating 800s and 400s; 800s @ 5k goal pace; 400s @ 15 sec or better under 5k goal pace
- Saturday Run: See if you can hold a pace within a minute/mile of your goal 5k pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U. Routine</p> <p><b>Workout:</b> Repeat as needed: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U. Routine</p> <p><b>Workout: TWO</b> Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p><b>Warmup:</b> 800 Relaxed + Dynamic W.U. Routine</p> <p><b>Workout: THREE</b> Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U. Routine</p> <p><b>Workout: FOUR</b> Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U. Routine</p> <p><b>Workout: FIVE</b> Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>
Thursday Steady State	2 Mile Walk or 3 Mile Walk/Jog @ 3 min on, 1 min walk	3 mile run or walk//jog	3 mile run	3 or 5 mile run	3+ Mile Run
Saturday Long Run	3 mile walk/jog	3 mile walk jog Or jog	3 Mile Run	3+ Mile Run	3+ Mile Run

# WEEK 2

- Steady State Run: Stay consistent! Try to match what last Monday or Tuesday FELT like. We are listening to our bodies with the easy to moderate run, not our paces!
- Track Workout: Descending Ladder; first rep at goal 5k pace, each rep should get faster / 400 recovery on longest rep, then 200 for the rest
- Saturday: Try to be :05-:10/mile faster than last week!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery 200 @ faster than 400</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 1200 @ goal pace 200 recovery 800 @ faster than the 1200 200 recovery 400 @ faster than 800 200 recovery 200 @faster than the 400</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 1600 @ goal pace 200 recovery 800 @ faster than the 1600 200 recovery 600 @ faster than 800 200 recovery 400 @ faster than the 600 200 recovery 200 @ faster than 400</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 1600 @ goal pace 200 recovery 1200 @ faster than the 1600 200 recovery 800 @ faster than 1200 200 recovery 600 @faster than the 800 200 recovery 400 @ faster than the 600</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 1600 @ goal pace 200 recovery 1200 @ faster than the 1600 200 recovery 1000 @ faster than 1200 200 recovery 800 @faster than the 1000 200 recovery 600 @ faster than the 800 200recovery 400 @ faster than 600</p>
Thursday Steady State	2 Mile Walk or 3 Mile Walk/Jog @ 3 min on, 1 min walk	3 mile run or walk//jog	3 mile run	3 or 5 mile run	3+ Mile Run
Saturday Long Run	3 mile walk/jog	3 mile walk jog Or jog	3 Mile Run	3+ Mile Run	3+ Mile Run

## WEEK 3

- Steady State Run: Stay consistent! Try to match what last Monday or Tuesday FELT like. We are listening to our bodies with the easy to moderate run, not our paces!
- Track Workout: 1000s // 200 recovery between each
- Saturday: Try to be :05-:10/mile faster than last week!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 2 x 1000 @ under goal 5k pace</p> <p>*200 recovery</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 3 x 1000 @ faster than 5k pace</p> <p>*200 recovery between each</p>	<p><b>Warmup:</b> 800 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 4 x 1000 @ faster than 5k pace</p> <p>*200 recovery between each</p>	<p><b>Warmup:</b> 800 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 5 x 1000 @ faster than 5k pace</p> <p>*200 recovery between each</p>	<p><b>Warmup:</b> 800 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 3 x 1000 @ faster than 5k pace</p> <p>*200 recovery between each</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 2 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	3 mile walk/jog	3 mile walk jog Or jog	3 Mile Run	3+ Mile Run	3+ Mile Run

# WEEK 4

- Steady State Run: Stay consistent! Try to match what last Monday or Tuesday FELT like. We are listening to our bodies with the easy to moderate run, not our paces!
- Track Workout: 800s + 400s // 200 recovery between each
- Saturday Run: Saturday: Try to be :05-:10/mile faster than last week! OR Try to increase the distance you run while holding last week's pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 2 x : 800 @ goal 5k Pace 400 @ faster than goal pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 2 x : 800 @ goal 5k Pace 2 x 400 @ faster than goal pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 2 x : 800 @ goal 5k Pace 3 x 400 @ faster than goal pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 3 x : 800 @ goal 5k Pace 2 x 400 @ faster than goal pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 3 x : 800 @ goal 5k Pace 3 x 400 @ faster than goal pace</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 2 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 3+ Mile Jog	Easy 3+ Mile Jog
Saturday Long Run	3 mile walk/jog	3 mile walk jog Or jog	3 Mile Run	3+ Mile Run	3+ Mile Run

# WEEK 5

- Steady State Run: Stay consistent! Try to match what last Monday or Tuesday FELT like. We are listening to our bodies with the easy to moderate run, not our paces!
- Track Workout: 400s + 1 Mile @ 5k pace// 200 recovery between each
- Saturday Run: Try to be :05-:10/mile faster than last week! OR Try to increase the distance you run while holding last week's pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 2 x 400 @ 5k pace</p> <p>1 x mile @ 5 K Pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 4 x 400 @ 5k pace</p> <p>1 x mile @ 5 K Pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 6 x 400 @ 5k pace</p> <p>1 x mile @ 5 K Pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 8 x 400 @ 5k pace</p> <p>1 x mile @ 5 K Pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 10 x 400 @ 5k pace</p> <p>1 x mile @ 5 K Pace</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 1 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	3 mile walk/jog	3 mile walk jog Or jog	3 Mile Run	3+ Mile Run	3+ Mile Run

# WEEK 6

- Steady State Run: Stay consistent! Try to match what last Monday or Tuesday FELT like. We are listening to our bodies with the easy to moderate run, not our paces!
- Track Workout: 800s @ moderate effort [RACE WEEK!]
- Saturday: RACE DAY!!!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 2 x 800 @ half marathon pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 4 x 800 @ half marathon pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 6 x 800 @ half marathon pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 7 x 800 @ half marathon pace</p>	<p><b>Warmup:</b> 400 Relaxed + Dynamic W.U.</p> <p><b>Workout:</b> 8 x 800 @ half marathon pace</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 1 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	RACE DAY!	RACE DAY!	RACE DAY!	RACE DAY!	RACE DAY!