

MELISSA'S ROAD RACE 8-WEEK 5KM TRAINING PLAN

BY: RHYTHM RUN COACHING

LOOKING TO ENJOY THE BEAUTIFUL 5KM RACE AT MELISSA'S ROAD RACE?

LEGEND:

Strides: gradually increase your speed to ~85% of your maximum speed

Intervals: short periods of running faster

Aerobic: running at a steady, conversational pace to increase your aerobic capacity

Tempo: a comfortably hard pace, where it would be challenging but not impossible to maintain a conversation

Easy: run at a pace where you could maintain a conversation

WU: Warm-Up

CD: Cool-Down

' : minutes

" : seconds

x: times

TIPS FOR FOLLOWING THIS PLAN:

FOLLOW THIS TRAINING PLAN IF YOU ARE LOOKING TO FEEL STRONG AT THE START LINE

THIS PLAN FOCUSES ON BUILDING A CONSISTENT RUNNING SCHEDULE THROUGHOUT THE 8 WEEKS PRIOR TO THE RACE

YOU CAN ADAPT THIS PLAN BY INCLUDING 1 MINUTE OF WALKING AFTER EVERY 5 MINUTES OF RUNNING AND THEN GRADUALLY INCREASING THE RUNNING TIME THROUGHOUT THE 8 WEEKS

ENJOY THE PROCESS AND PREPARE TO RUN ONE OF THE WORLD'S MOST SCENIC RACES!



Rhythm Run Coaching is based in Banff, AB. Visit rhythmrunc coaching.com for more details.



	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	2-3km easy	Rest	3km easy + 4x20" uphill strides	Rest	4km aerobic	Rest
2	Rest	2-3km easy	Rest	Intervals: 5' WU, 8x(30" run, 30" walk), 5' CD	Rest	4km aerobic	Rest
3	Rest	2-4km easy	Rest	Intervals: 5' WU, 5x(30' uphill effort, walk down), 5' CD	Rest	5km aerobic	Rest
4	Rest	2-4km easy	Rest	3km easy + 4x20" uphill strides	Rest	5km aerobic	Rest
5	Rest	2-3km easy	Rest	Intervals: 5' WU, 2x(4' tempo, 3' easy), 5' CD	Rest	6km aerobic	Rest
6	Rest	2-4km easy	Rest	Intervals: 5' WU, 5x(1' run, 1' walk), 5' CD	Rest	6km aerobic	Rest
7	Rest	2-3km easy	Rest	3km easy + 4x20" uphill strides	4km easy	4km aerobic	Rest
8	2-3km easy	Rest	3km easy + 4x20" flat strides	Rest	1-2km easy shakeout	Race Day!	Recover + Celebrate!