



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 5K

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12 WEEK TRAINING PROGRAM

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**INTERMEDIATE**

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**THE**

**GOAL**

OF THIS PLAN ISN'T TO GET YOU ACROSS  
THE FINISH LINE, IT'S TO GET

**THE BEST**

**VERSION OF**

**YOU**

ACROSS THE FINISH LINE.

Before diving into the Training Plan, please read all the material to ensure you get the most out of it.

This packet in front of you has been designed to adapt to your experience level but remains flexible with your lifestyle. This is what you should know to get the most out of the King Turkey Day Training Plan:

THIS 12-WEEK  
TRAINING PROTOCOL  
COMBINES

# SPEED, ENDURANCE AND RECOVERY

TO GET YOU READY TO  
ATTACK A 5K

## IT'S NOT JUST ABOUT DISTANCE

This program was made to help you maximize your efforts on Race Day through 3 factors, Speed, Endurance and Recovery.

## THIS PLAN WORKS FOR YOU

You're active, your schedule varies. As does how you feel and the weather, but these are some of the things you need to keep in mind when you modify the program or seek help from Y personal:

- Speed and Endurance runs are **essential** pieces to the program to maximize your training.
- Endurance/Speed days are when we will meet in large groups to perform the prescribed workouts at the Worthington Senior High School Track.
- You have Recovery days- use them to break up your Speed and Endurance runs. Avoid completing Endurance and Speed runs on back-to-back days.
- Use the Recovery days based off how you feel. You might want to run a few miles, use cross training or take a full rest. I recommend running on two of the four Recovery days. Cross training can be Yoga, Pilates, strength training or other exercise classes.
- Feel free to ask other participants to join you on your Endurance or Recovery runs, just pick an appropriate partner.
- Stay within the recommended distance ranges during Endurance and Recovery day runs.

## TRAINING STARTS WHEN YOU START

This plan was intended to run on a 12-week schedule for maximum results. It was built to be adaptable to you, your experience level and your various needs as you prepare to attack a 5K.

## YOU'RE IN CONTROL OF WHAT YOU PUT INTO THE PROGRAM

# WEEKLY WORKOUTS

This program includes three basic types of workouts each week. All three are important to get the fittest, strongest and fastest version of you across the finish line.

## SPEED

Building strength and speed is important as you prepare for your race. Over the course of this plan you'll be introduced to a variety of speed workouts and drills that will make you faster.

## ENDURANCE

You need endurance. It is the staple on which completing the race relies upon. The program's endurance training will help prepare your mind and body to go the distance on race day. Weekly Long Runs will build and keep your endurance.

## RECOVERY

Recovery from your previous workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Take the day off, try a structured workout or go run a few recovery miles.

# THE IFS....

Everyone's training journey will be different. There are however reoccurring themes, challenges and questions that many runners chance meeting along the way. Here are some answers to overcome these obstacles to make your way to Race Day.

## **IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE**

Then adjust the training schedule for your needs. If you do not feel confident in your own abilities speak with Cory or Y Personal. For best results, each week should include 3 key workouts- Speed, Endurance, Recovery. Prioritize Speed and Endurance workouts and be smart about your Recovery.

## **IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE**

Experiment until you find it. When you're out running, you feel. You have different intensities or gears whether you realize it or not. Pay attention to yourself and be patient while you experiment with your comfort level. Use a fitness or activity tracker (usually with GPS) to help keep track of your paces.

## **IF YOU ARE TIRED**

Find out why. Fatigue is normal and to be expected during training, especially as it progresses. Make sure you are supporting yourself in all aspects of your life: get enough sleep, eat right, hydrate properly respect and follow Recovery days.

## **IF YOU FIND YOURSELF LACKING MOTIVATION**

Look for some inspiration. It is not easy to train and follow a plan; if you find yourself not wanting to go on your training run, go out for 5 or 10 minutes (depending on 5K/10K), if you don't feel like running anymore then comeback- just come back running and move the training to another day.

## **IF YOU HAVE A TERRIBLE RUN**

Move on to the next one. Don't get hung up on 1 of many. Some runs are going to be just terrible- sometimes there is no reason, sometimes there is. Take a moment, reflect to see if there is a reason and learn something about yourself. Being comfortable with a bad run is as important and the joy of a good one.

## **IF YOU ARE HURT**

Stop running. Please just stop; there is a difference between being sore and being hurt. Listen to your body and learn from it throughout your training. Sometimes missing miles now will let you run better miles in the future.

## **IF YOU ARE GOING TO RACE**

Give yourself time to recover- both before and after. Back off in terms of distance, pace or time prior to your race. Be sure to give yourself a few days recovery after it's over too (regardless if you see it as successful or not).

# 5K WEEKLY OUTLINE

12 WEEKS TO GO

## A STARTING LINE

This week you begin the journey. With a prescribed series of runs and light workouts built to introduce you to the training protocols.

9 WEEKS TO GO

## FINDING YOUR TEMPO

An emphasis on correct tempo runs will train your body to run faster and get used to pushing through an uncomfortable pace.

6 WEEKS TO GO

## MEETING HALF WAY

Here we go. Half way through the training program. The protocols have continued to push you. You have the drive to finish and the workouts will require you to push past your comfort zone.

3 WEEKS TO GO

## READY TO RUN

You are stronger, fitter and ready to take on any workout on any given day. Miles start to fly by. Reflect on where you started and appreciate what you have done to get here.

11 WEEKS TO GO

## GOOD HABITS

Now is the time to change, to develop good habits. You're one week in and feeling confident, this isn't so bad. Work on building stamina and following proper pacing on workout days.

8 WEEKS TO GO

## PROGRESS AND CHANGE

Progression runs become a staple for all Endurance and Recovery runs. Monitoring your pace from now on is key.

5 WEEKS TO GO

## EVOLUTION

You're a different person now than when you started. It's time to focus, do the work and evolve into a stronger, faster, better version. The best you.

2 WEEKS TO GO

## HONE YOURSELF

You aren't tapering. You're honing yourself. This week picks up the speed but your recovery picks up even more. It's about quality running and quality recovery.

10 WEEKS TO GO

## CONSISTENCY

Here we are, the third week. By now you should be feeling a little rhythm to your running style. The secret everyone knows but doesn't say to running well: consistency.

7 WEEKS TO GO

## UPHILL BATTLE

The first hill routine you will undertake. After building an endurance base, now is when your strength needs to shine.

4 WEEKS TO GO

## WARM UP

You've gotten your stride. You've felt great on some days, tired on others. You know it's tough but you won't give up. Not now, not so close.

1 WEEK TO GO

## THE STARTING LINE

You've made it! This week, run confident and believe in what you've accomplished. Use what you have learned and the progress you have made to be your best self.

12 WEEKS TO GO

## A STARTING LINE

This week you begin the journey, with a prescribed series of runs and light workouts built to introduce you to the training protocols. You can modify this week's sequence of training to suit your needs. Do not do Speed & Endurance runs back-to-back. If you have questions, contact Cory or another Y personal.

### RECOVERY Sunday

Today is about Recovery. Give in to what your body is craving; go for a couple Recovery miles, perform a whole-body workout or take the day off.

### RECOVERY Monday

Today's 1-2 mile run is to get the body moving again. Gradually build up speed so your last mile is the fastest.

### SPEED

Tuesday

- 8 x 200m @ Mile

2 min Recovery between intervals

### RECOVERY Wednesday

Today is about Recovery. Give in to what your body is craving; go for a couple Recovery miles, perform a whole-body workout or take the day off.

### SPEED

Thursday

- 6 x 400 @ 10K

3 min Recovery between intervals

### RECOVERY Friday

The purpose of today's 1-2 mile run is to recovery after the last workout. Gradually build up speed so the last mile is the fastest.

### ENDURANCE Saturday

#### 1-2 Miles

This is the longest run of the week. Try to maintain a pace that is 60-90 seconds slower than your goal for race day.

6 WEEKS TO GO

## MEETING HALF WAY

Here we go. Half way through the training program. The protocols have continued to push you. You have the drive to finish and the workouts will require you to push past your comfort zone. You can modify this week's sequence of training to suit your needs. Do not do Speed & Endurance runs back-to-back. If you have questions, contact Cory or another Y personal.

### RECOVERY Sunday

Today is about Recovery. Give in to what your body is craving; go for a couple Recovery miles, perform a whole-body workout or take the day off.

### RECOVERY Monday

Today's 2-3 mile run is to get the body moving again. Gradually build up speed so your last mile is the fastest.

### SPEED

Thursday

- 6 x 600m @ 10K

3 min Recovery between intervals

### RECOVERY Friday

The purpose of today's 2-3 mile run is to recovery after the last workout. Gradually build up speed so the last mile is the fastest.

### RECOVERY Wednesday

Today is about Recovery. Give in to what your body is craving; go for a couple Recovery miles, perform a whole-body workout or take the day off.

### ENDURANCE Saturday

#### 3-4 Miles

Get ready to go the distance with this week's longest run.

### SPEED

Thursday

- 1 Mile Recovery run
- 2 x 100m Strides
- 1000m @ Tempo
- 2 x 100m Strides
- 1 Mile Recovery run

3 min Recovery between intervals  
30s between Strides



1 WEEK TO GO

# THE STARTING LINE

You've made it! This week, run confident and believe in what you've accomplished. Use what you have learned and the progress you have made to be your best self. You can modify this week's sequence of training to suit your needs. Do not do Speed & Endurance runs back-to-back. If you have questions, contact Cory or another Y personal.

## RECOVERY Sunday

Today is about Recovery. Give in to what your body is craving; go for a couple Recovery miles, perform a whole-body workout or take the day off.

## RECOVERY Monday

Today's 2-3 mile run is to get the body moving again. Gradually build up speed so your last mile is the fastest.

## SPEED

Tuesday

- 1 Mile Recovery run
- 8 x 100m Strides
- 1 Mile Recovery run

3 min Recovery between intervals  
30s between Strides

## RECOVERY Wednesday

The Purpose of today's 2-3-mile run is to get you focused on Saturday. Use your Tempo Pace and stop at 3 miles but complete at least 2.

## RECOVERY Thursday

Relax. Enjoy the day, but don't exert yourself to much and keep an eye on how you're eating today. Avoid alcohol. Tonight's sleep is more important than Friday's. get to bed on time and sleep undisturbed.

## RECOVERY Friday

Relax. Enjoy the day, but don't exert yourself to much and keep an eye on how you're eating today. Avoid alcohol. Tonight's sleep is more important than Friday's. get to bed on time and sleep undisturbed.

## RACE DAY Saturday

# 5K

You've made it, congratulations. Run with confidence knowing you've trained for today. Attack the race.

# HOW TO USE THE PACE CHART

Throughout this training plan, you will see different paces referenced; these are paces you should aim to maintain during specified workouts. Over the course of your training, you will use different pace targets; knowing these targets will make the speed training easier.

Treat these paces as the middle of the target, you may train slightly above or below, they are not exact and you are not a perfectly synchronized running machine, you will vary. To start, you must identify your row of target paces.

These can be based on any of the following:

- A recent 5K, 10K, Half Marathon or Marathon time  
- by "recent" I mean within the last month or two
- You could use a fitness/activity tracker and go on a couple of runs to determine your average pace
- If you run often, you may make an educated guess based on your current fitness
- If you do not know what you are capable of, go for a 1 mile run at around 85-90% effort. You should be tired but not exhausted. This will give you a good guide line follow the program.

## FOR EXAMPLE

If your last race was a 30:00 minute 5K, find the row with 30:00 minutes under the 5K column on the Pace Chart and slide across the row left or right to find the other pace targets. In this scenario, the pace targets would be the following:

Mile Best	5K Best / Avg Mile Pace	10K Best / Avg Mile Pace	Tempo Avg Mile Pace	Half Marathon Best/ Avg Mile Pace	Marathon Best / Avg Mile Pace	Recovery Day Pace
<b>9:00</b>	30:00 / <b>9:40</b>	62:30 / <b>10:00</b>	<b>10:30</b>	2:20:00 / <b>10:40</b>	4:45:00 / <b>10:50</b>	<b>11:35</b>

## THINGS TO KNOW

During your training, there will be days (could be a few, could be a lot), where you may pace ahead or behind. Remember- these paces are a guide. They are not set in stone. You will have good days, you will have the bad, be flexible with your expectations. Life gets in the way and you may be exhausted from a prior event or unforeseen event. Hopefully you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is over and you head to Race Day be confident in all the work you have done to prepare. It is all your hard work that will take you to new fitness/ability levels, faster paces and quicker times.



# PACE CHART

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Mile Best	5K Best / Avg Mile Pace	10K Best / Avg Mile Pace	Tempo / Avg Mile Pace	Half Marathon Best / Avg Mile Pace	Marathon Best / Avg Mile Pace	Recovery Day Pace
5:00	17:05 / 5:30	35:45 / 5:45	6:05	1:18:00 / 6:00	2:44:00 / 6:15	7:00
5:30	18:45 / 6:00	39:00 / 6:15	6:35	1:25:00 / 6:30	3:00:00 / 6:50	7:35
6:00	20:15 / 6:30	42:00 / 6:45	7:05	1:35:00 / 7:15	3:15:00 / 7:25	8:10
6:30	22:00 / 7:05	45:45 / 7:20	7:40	1:40:00 / 7:35	3:30:00 / 8:00	8:45
7:00	23:45 / 7:40	49:00 / 7:55	8:15	1:50:00 / 8:20	3:45:00 / 8:35	9:20
7:30	25:15 / 8:05	52:30 / 8:25	8:50	1:55:00 / 8:45	4:00:00 / 9:10	9:55
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:30
8:30	28:30 / 9:10	59:00 / 9:30	9:55	2:10:00 / 9:55	4:30:00 / 10:15	11:00
9:00	30:00 / 9:40	62:30 / 10:00	10:30	2:20:00 / 10:40	4:45:00 / 10:50	11:35
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:10
10:00	33:00 / 10:40	69:00 / 11:05	11:35	2:35:00 / 11:45	5:15:00 / 12:00	12:45
10:30	34:45 / 11:15	72:00 / 11:35	12:00	2:40:00 / 12:10	5:30:00 / 12:35	13:20
11:00	36:15 / 11:40	75:00 / 12:00	12:35	2:50:00 / 12:55	5:40:00 / 13:00	13:45
11:30	38:00 / 12:15	78:30 / 12:35	13:00	2:55:00 / 13:15	5:50:00 / 13:20	14:05
12:00	39:30 / 12:40	81:30 / 13:05	13:35	3:05:00 / 14:05	6:00:00 / 13:45	14:30
12:30	-	-	14:00	-	-	15:05
13:00	-	-	14:35	-	-	15:35
13:30	-	-	15:05	-	-	16:05
14:00	-	-	15:40	-	-	16:40
14:30	-	-	16:05	-	-	17:15
15:00	-	-	16:40	-	-	18:00

# PACE TO TRACK CONVERSIONS

Use the below tables to figure out the Pace at which you should complete the Track Speed workouts. When paired into groups during these workouts talk with people and find where you should "place" in the pack. If you can keep up with individuals in front of you, try moving up all your paces. This is a great strategy to push yourself.

		Distance in Meters				
Mile Best		200	300	400	500	600
Mile Pace	5:00	:38	:56	1:15	1:33	1:42
	5:30	:41	1:01	1:22	1:43	2:03
	6:00	:45	1:07	1:30	1:52	2:15
	6:30	:48	1:13	1:37	2:02	2:26
	7:00	:51	1:16	1:42	2:08	2:33
	7:30	:55	1:22	1:50	2:17	2:45
	8:00	:58	1:28	1:58	2:26	2:56

		Distance in Meters						
Mile Best		200	300	400	500	600	800	3200
5K Pace	5:00	:41	1:02	1:22	1:42	2:04	2:45	11:00
	5:30	:45	1:07	1:30	1:52	2:15	3:00	12:00
	6:00	:48	1:13	1:37	2:02	2:26	3:15	13:00
	6:30	:53	1:19	1:46	2:12	2:39	3:32	14:10
	7:00	:57	1:26	1:55	2:22	2:52	3:50	15:20
	7:30	1:00	1:30	2:02	2:32	3:02	4:02	16:10
	8:00	1:05	1:37	2:10	2:42	3:15	4:20	17:20

		Distance in Meters					
Mile Best		200	400	600	800	1000	1600
10K Pace	5:00	:43	1:26	2:09	2:52	3:35	5:45
	5:30	:46	1:33	2:20	3:07	3:54	6:15
	6:00	:50	1:41	2:32	3:22	4:13	6:45
	6:30	:55	1:50	2:35	2:40	4:35	7:20
	7:00	:59	1:58	2:58	2:57	4:45	7:55
	7:30	1:03	2:06	3:09	3:12	5:15	8:25
	8:00	1:07	2:15	3:22	3:30	5:37	9:00

		Distance in Meters				
Mile Best		200	1000	1600	3200	6400
Tempo Pace	5:00	:45	3:48	6:05	12:10	24:20
	5:30	:49	4:06	6:35	13:10	26:20
	6:00	:53	4:25	7:05	14:10	28:20
	6:30	:57	4:47	7:40	15:20	30:40
	7:00	1:01	5:09	8:15	16:30	33:00
	7:30	1:06	5:31	8:50	17:40	35:20
	8:00	1:10	5:52	9:25	18:50	37:40

		Distance in Meters	
Mile Best		400	
Marathon Pace	5:00	1:33	
	5:30	1:42	
	6:00	2:51	
	6:30	2:00	
	7:00	2:08	
	7:30	2:17	
8:00	2:26		

**This table is for Runners whose Mile Best from the Pace Chart falls between 5:00 and 8:00 minutes. If this is not you, check the following pages for your chart.**

# PLAN BREAKDOWN

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Informational Meeting Tuesday June 12 <sup>th</sup> , 5:30pm @ Y				
1	RECOVERY	1-2 Miles	TRACK	RECOVERY	TRACK	1-2 Miles	1-2 Miles
2	RECOVERY	1-2 Miles	TRACK	RECOVERY	TRACK	1-2 Miles	1-2 miles
3	RECOVERY	1-2 Miles	TRACK	RECOVERY	TRACK	1-2 Miles	2-3 Miles
4	RECOVERY	1-2 Miles	TRACK	RECOVERY	TRACK	1-3 Miles	2-3 Miles
5	RECOVERY	1-2 Miles	TRACK	RECOVERY	TRACK	1-3 Miles	2-3 Miles
6	RECOVERY	1-2 Miles	TRACK	RECOVERY	TRACK	1-3 Miles	3-4 Miles
7	RECOVERY	2-3 Miles	TRACK	RECOVERY	TRACK	2-3 Miles	3-4 Miles
8	RECOVERY	2-3 Miles	TRACK	RECOVERY	TRACK	2-3 Miles	4-5 Miles
9	RECOVERY	2-3 Miles	TRACK	RECOVERY	TRACK	2-3 Miles	3-4 Miles
10	RECOVERY	2-3 Miles	TRACK	RECOVERY	TRACK	2-3 Miles	3-4 Miles
11	RECOVERY	2-3 Miles	TRACK	RECOVERY	TRACK	2-3 Miles	2-3 Miles
12	RECOVERY	2-3 Miles	TRACK	1-2 Miles	RECOVERY	RECOVERY	5K Race Day
	SPEED			RECOVERY		ENDURANCE	

**Week 1:** June 24<sup>th</sup> – June 30<sup>th</sup>

**Week 2:** July 1<sup>st</sup> – July 7<sup>th</sup>

**Week 3:** July 8<sup>th</sup> – July 14<sup>th</sup>

**Week 4:** July 15<sup>th</sup> – July 21<sup>st</sup>

**Week 5:** July 22<sup>nd</sup> – July 28<sup>th</sup>

**Week 6:** July 29<sup>th</sup> – August 4<sup>th</sup>

**Week 7:** August 5<sup>th</sup> – August 11<sup>th</sup>

**Week 8:** August 12<sup>th</sup> – August 18<sup>th</sup>

**Week 9:** August 19<sup>th</sup> – August 25<sup>th</sup>

**Week 10:** August 26<sup>th</sup> – September 1<sup>st</sup>

**Week 11:** September 2<sup>nd</sup> – September 8<sup>th</sup>

**Week 12:** September 9<sup>th</sup> – September 15<sup>th</sup>