2017 - Winter/Summer– Running Development Program – 5k Completion

Week Of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/Comments
March 13	Rest or Cross Train	30 min Easy	Rest or Cross Train	30 min Easy	Rest or Cross Train	35 min Long Run	20 min Easy	
March 20	Rest or Cross Train	30 min Easy	Rest or Cross Train	30 min Easy	Rest or Cross Train	40 min Long Run	20 min Easy	
March 27	Rest or Cross Train	30 min Easy	Rest or Cross Train	30 min Easy	Rest or Cross Train	30 min Long Run	20 min Easy	
April 3	Rest or Cross Train	30 min Easy	Rest or Cross Train	30 min Easy	Rest or Cross Train	45 min Long Run	20 min Easy	
April 10	Rest or Cross Train	30 min Easy	*30 min Tempo*	30 min Easy	Rest or Cross Train	50 min Long Run	20 min Easy	
April 17	Rest or Cross Train	30 min Easy	*35 min Tempo*	35 min Easy	Rest or Cross Train	40 min Long Run	20 min Easy	
April 24	Rest or Cross Train	30 min Easy	*45 min Tempo*	40 min Easy	Rest or Cross Train	50 min Long Run	20 min Easy	
May 1	Rest or Cross Train	30 min Easy	*20 min Easy*	40 min Easy	Rest or Cross Train	60 min Long Run	20 min Easy	
May 8	Rest or Cross Train	30 min Easy	*2 x 10 min Hard*	30 min Easy	Rest	Race Day	Rest	

Plan Notes

- Completion - The competition plan is for athletes that want to complete the 5k event. This is ideal for athletes just beginning their running adventure, returning to running after a long break, recovering from an injury, or in a rest and recovery phase of a periodized training plan.
- Training is displayed in minutes. If the athlete prefers running by miles, each mile can be considered 10 minutes of running. So, a 30:00 easy run would be the training equivalent of a 3-mile easy run for this plan.
- Starting on the week of April 10, an optional tempo run is added each week. This run is not required, but may be added if the athlete wants to add a little extra effort to training.
- Tempo runs should be structured with a 1 to 1.5-mile warm-up and 0.5 to 1 mile cool down. The remainder of the run should be at tempo effort. For example, a 5-mile tempo run may be structured as 1.5 miles' warm-up, 3-mile tempo pace, 0.5-mile cool-down.

Definitions

- Easy Run - running effort should be at a pace that feels natural, not pushed. Athlete should be able to carry on a conversation.
- Long Run - Easy runs intended to build the athletes endurance. The beginning effort of a long run should be the easy run effort. Effort may be perceived to be greater toward the end of the run.
- Tempo Run - Runs are intended to build running stamina. Effort should be at a hard pace that the athlete can sustain for the specified time or distance and still speak in sentence fragments.

2017 Winter/Spring – Running Development Program – 5k Competition

Week Of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes/Comments
March 13	Rest or Cross Train	3 miles Easy	Rest or Cross Train	3 miles Easy	Rest or Cross Train	4 miles Long Run	2 miles Easy	
March 20	Rest or Cross Train	3 miles Easy	Rest or Cross Train	3 miles Easy	Rest or Cross Train	4.5 Long Run	2 miles Easy	
March 27	Rest or Cross Train	3 miles Easy	Rest or Cross Train	3 miles Easy	Rest or Cross Train	Speed Workout	2 miles Easy	
April 3	Rest or Cross Train	3 miles Easy	Rest or Cross Train	5 miles Easy	Rest or Cross Train	Speed Workout	2 miles Easy	
April 10	Rest or Cross Train	3 miles Easy	4 miles Tempo	3 miles Easy	Rest or Cross Train	Speed Workout	2 miles Easy	
April 17	Rest or Cross Train	3 miles Easy	5 miles Tempo	3 miles Easy	Rest or Cross Train	Speed Workout	2 miles Easy	
April 24	Rest or Cross Train	3 miles Easy	6 miles Tempo	3 miles Easy	Rest or Cross Train	Speed Workout	2 miles Easy	
May 1	Rest or Cross Train	3 miles Easy	4 miles Easy	3 miles Easy	Rest or Cross Train	Speed Workout	2 miles Easy	
May 8	Rest or Cross Train	3 miles Easy	2 x 10 min Hard	3 miles Easy	Rest or Cross Train	Race Day	Rest	

Plan Notes

- Competition - The competition plan is for athletes that want to compete against themselves - such as set a personal record or finish under a certain time
- Training is displayed in miles. If the athlete prefers running by time, each mile can be considered 10 minutes of running. So, a 30:00 easy run would be the training equivalent of a 3-mile easy run for this plan.
- Starting on the week of April 10, the weekly long run moves to Wednesday and is performed as a tempo run. Athletes and swap Wednesday long runs with Saturday Speed Workouts if necessary.
- Tempo runs should be structured with a 1 to 1.5-mile warm-up and 0.5 to 1 mile cool down. The remainder of the run should be at tempo effort. For example, a 5-mile tempo run may be structured as 1.5 miles' warm-up, 3-mile tempo pace, 0.5-mile cool-down.

Definitions

- Easy Run - running effort should be at a pace that feels natural, not pushed. Athlete should be able to carry on a conversation.
- Long Run - Easy runs intended to build the athletes endurance. The beginning effort of a long run should be the easy run effort. Effort may be perceived to be greater toward the end of the run.
- Tempo Run - Runs are intended to build running stamina. Effort should be at a hard pace that the athlete can sustain for the specified time or distance and still speak in sentence fragments.
- Speed workouts will be provided at the beginning of practice each Saturday and posted on the Balanced Running Blog.