

RUN YOUR FASTEST 5K!

Designed by Meb Keflezighi, this 5-week training plan helps intermediate and advanced runners pursue new personal bests while ensuring proper rest and recovery.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	<u>INTERVALS</u> 15 MIN WARM UP + 5 X 20 SEC STRIDES 8 X 400M @ GOAL 5K PACE W/200M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	EASY RUN 30-45 MINS	<u>TEMPO</u> 15 MIN WARMUP + 5 X 20 SEC STRIDES 2 MILE TEMPO @ GOAL 5K PACE + 30 SECS 15 MIN COOL DOWN	REST OR CROSS-TRAINING 30-60 MINS	EASY RUN 30-45 MINS + 5 X 20 SEC STRIDES	LONG RUN 60 MINS @ MODERATE PACE
2	REST	<u>INTERVALS</u> 15 MIN WARM UP + 5 X 20 SEC STRIDES 4 X 800M @ GOAL 5K PACE W/400M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	EASY RUN 30-45 MINS	<u>INTERVALS</u> 15 MIN WARM UP + 5 X 20 SEC STRIDES 3 X 1 MILE @ GOAL 5K PACE + 20 SECS W/400M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	REST OR CROSS-TRAINING 30-60 MINS	EASY RUN 30-45 MINS + 5 X 20 SEC STRIDES	LONG RUN 60 MINS @ MODERATE PACE
3	REST	<u>INTERVALS</u> 15 MIN WARM UP + 5 X 20 SEC STRIDES 5 X 1000M @ GOAL 5K PACE W/400M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	EASY RUN 30-45 MINS	<u>TEMPO</u> 15 MIN WARMUP + 5 20 SEC STRIDES 3 MILE TEMPO @ GOAL 5K PACE + 30 SECS 15 MIN COOL DOWN	REST OR CROSS-TRAINING 30-60 MINS	EASY RUN 30-45 MINS + 5 X 20 SEC STRIDES	LONG RUN 60 MINS @ MODERATE PACE
4	REST	<u>INTERVALS</u> 15 MIN WARM UP + 5 X 20 SEC STRIDES 3 X 1 MILE @ GOAL 5K PACE W/400M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	EASY RUN 30-45 MINS	<u>INTERVALS</u> 15 MIN WARM UP + 5 20 SEC STRIDES 4 X 1 MILE @ GOAL 5K PACE + 20 SECS W/400M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	REST OR CROSS-TRAINING 30-60 MINS	EASY RUN 30-45 MINS + 5 X 20 SEC STRIDES	LONG RUN 60 MINS @ MODERATE PACE
5	REST	<u>INTERVALS</u> 15 MIN WARM UP + 5 X 20 SEC STRIDES 8 X 400M @ GOAL 5K PACE W/200M RECOVERY JOG BETWEEN REPS 15 MIN COOL DOWN	EASY RUN 30-45 MINS	EASY RUN 30-45 MINS + 5 X 20 SEC STRIDES	REST OR CROSS-TRAINING 30-60 MINS	EASY RUN 30 MINS + 5 X 20 SEC STRIDES	CARLSBAD 5000!

Rest: Recharge your batteries for the week ahead!

Easy Run: Aim for an effort that allows you to carry a conversation. The goal of these runs is to recover from your more challenging workouts.

Strides: A series of accelerations following easy runs and/or before speed workouts as a means of improving turnover and comfort at faster paces. Accelerate for 5 seconds, spend the next 10 seconds near top speed, then gradually decelerate to a jog. Take 45-60 for recovery after each.

Intervals: Repeats of faster running followed by periods of recovery with the purpose of improving your race pace.

Tempo Run: A type of speed workout that involves continuous running at a steady, moderately challenging effort.

Long Run: Any run that is significantly longer in duration and/or distance than your average run during the week.

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