

Congratulations! Starting a training program is a great accomplishment! We hope this plan helps you accomplish your goals, whatever they may be - getting healthier, having fun, or working towards completing your first of many races to come!

We'd love to hear about your progress - email info@cityofoaksmarathon.com with any questions and to update us on how your training is going!

Remember: You Can & You Will!

About This Training Plan

The Couch to 5k 8-week training plan is designed for the novice runner in preparation for a 5k race. This plan places an emphasis on a steady progression of mileage while touching on several different types of workouts ranging from anaerobic threshold repeats, to hill strides, to VO2 max repeats at race pace coupled with various sessions that focus on speed work. Weekly mileage will start at 12 miles per week and peak at 25 before tapering in preparation for race day.

In addition there are some recovery runs and cross training days that will allow you to unload your legs and aid in adaptation to building fitness.

Who Should Do This Plan

This plan is for anyone who wants to train for their first 5k or has already completed this distance and is looking to improve. We recommend that you are already used to running 4-5 times a week before beginning this training plan. If you are new to racing and want to add different elements to your training in preparation for running a personal best, then this is the plan for you!

CITY OF OAKS TRAINING Couch to 5k

Run - Recovery Run: Easy						
	Run: Warm Up	Run - Recovery Run: Easy	Cross Training: 45 min.	Run - Recovery Run: Easy	Run - Long Run: Easy	Recovery/Rehab:
Run -2 miles	5 min. easy iog and stretch	Run -1 mile	Bike / Swim / Weights	Run -1 mile	Run -4 miles	Stretch/Recover (see note 2 below)
30-45 seconds slower than	Run: Fartlek:	30-45 seconds slower than	(see note 1 below)	30-45 seconds slower than		Stretch/Recover (see note 2 below)
			(see note 1 below)		complete at long run pace	
long run pace	4 x 2 min. on/1 min. off	long run pace		long run pace		
	(off at easy run pace)		Recovery/Rehab:	Run: Strides		
	Run: Cool Down		Stretch/Recover (see note 2 below)	8 x 100 meters (mile race pace)		
	5 min. easy jog and stretch			1 min. rest between strides		
				Run: Cool Down		
				7 min. easy jog and stretch		
Run - Recovery Run: Easy	Run: Warm Up	Run - Recovery Run: Easy	Cross Training: 45 min.	Run - Recovery Run: Easy	Run - Long Run: Easy	Recovery/Rehab:
Run -3 miles	5 min. easy jog and stretch	Run -2 miles	Bike / Swim / Weights	Run -2 miles	Run -5 miles	Stretch/Recover (see note 2 below)
30-45 seconds slower than	Run: Tempo Repeats:	30-45 seconds slower than	(see note 1 below)	30-45 seconds slower than	complete at long run pace	
long run pace	5 x 3 min. on/1 min. off	long run pace	1.	long run pace		
0 1 1	(off is stationary) see note 3 below.		Recovery/Rehab:	Run: Strides		
	Run: Cool Down		Stretch/Recover (see note 2 below)	8 x 150 meters uphill		
	15 min. easy jog and stretch		Stretchy necover (see note 2 below)	(see note 4 below)		
	13 mm. easy jog and stretch			Recovery: jog/walk back down the hill		
		<u> </u>	 	7 min. easy jog and stretch		
Run - Recovery Run: Easy	Run: Warm Up	Run - Recovery Run: Easy	Cross Training: 45 min.	Run - Recovery Run: Easy	Run - Long Run: Easy	Recovery/Rehab:
Run -3 miles	5 min. easy jog and stretch	Run -3 miles	Bike / Swim / Weights	Run -2 miles	Run -5 miles	Stretch/Recover (see note 2 below)
30-45 seconds slower than	Run: VO2 Max: 4 x 800 Meter Repeats	30-45 seconds slower than	(see note 1 below)	30-45 seconds slower than	complete at long run pace	
long run pace Run - Recovery Run: Easy	4 x 800 meters (VO2 Max Pace)	long run pace	1	long run pace	1	
	2.5 min recovery between repetitions		Recovery/Rehab:	Run: Strides	1	
	Run: Cool Down		Stretch/Recover (see note 2 below)	8 x 300 meters (VO2 max pace)		
	10 min. easy jog and stretch			2 min. rest between strides	1	
	, ,		1	Run: Cool Down		
			1	5 min. easy jog and stretch	1	
	Run: Warm Up	Run - Recovery Run: Easy	Run - Recovery Run: Easy	Run - Recovery Run: Easy	Run - Long Run: Easy	Recovery/Rehab:
		Run - Recovery Run: Easy				
Run -2 miles	5 min. easy jog and stretch		Run -4 miles	Run -4 miles	Run -6 miles	Stretch/Recover (see note 2 below
30-45 seconds slower than	Run: Tempo Repeats:	30-45 seconds slower than	30-45 seconds slower than	30-45 seconds slower than	complete at long run pace	
long run pace	6 x 800 meters	long run pace	long run pace	long run pace		
	(anaerobic threshold pace) with			Run: Hill Strides		
	1 minute recovery between intervals		Recovery/Rehab:	8 x 150 meters uphill (150 meters or		
	Run: Cool Down		Stretch/Recover (see note 2 below)	30 seconds, whichever is shortest.		
	10 min. easy jog and stretch			Recovery: jog/walk back down		
				the hill.		
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	Run: 2 x Mile on / Mile off	Run - Recovery Run: Easy	Cross Training: 45 min.	Run - Recovery Run: Easy	Run - Long Run: Easy	Recovery/Rehab:
Run -3 miles	2 x 1 Mile on/off continuous run-no	Run -3 miles	Bike / Swim / Weights	Run -2 miles	Run -5 miles	
Run -3 miles 30-45 seconds slower than	2 x 1 Mile on/off continuous run-no rest. On miles to be run at Tempo	Run -3 miles 30-45 seconds slower than		Run -2 miles 30-45 seconds slower than		
	2 x 1 Mile on/off continuous run-no rest. On miles to be run at Tempo Pace. Off miles to be run at	Run -3 miles	Bike / Swim / Weights (see note 1 below)	Run -2 miles	Run -5 miles	
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CITY OF OAKS TRAINING Couch to 5k

Training Notes

- 1) Best performed on a standard, 400-meter oval track. Straightaways = 100 meters. Curves = 100 meters. Workout is designed to be a continuous run. Stride pace should be equal to your VO2 max threshold pace, while the curves are jogged at an easy run pace. Click here to calculate your VO2 max click the 'training tab' and use the 'threshold' pace.
- 2) **Stretch/Recover**: Foam Roll IT Band, quadriceps, hamstrings, calves, hip flexors, glute muscles and spend extra time on sore areas. Stretch these muscles and spend extra time on sore areas. Icing sore areas can also speed recovery but should not be overused (2x/day for 12 minutes is sufficient). **Click here** for more information on how to use a foam roller.
- 3) **Tempo Repeats** by definition: This is an easier form of the tempo run, typically used when first establishing tempo days early in a training plan or on weeks (i.e. race week) when a tempo workout is called for. Tempo repeat workouts are usually the same volume as the run but broken up into smaller bouts of work. For example, 4 x 1 mile at your tempo pace with 1 minute recovery is a good substitute for a 4-mile tempo run. The recovery is not active, meaning you do not need to be running/jogging between repetitions, as is the case with a Fartlek workout. Click here to learn more about what a fartlek workout is.
- 4) 150 meters or 30 seconds-whichever is shortest; each repetition should be completed at mile race pace. Recovery: jog or walk back down the hill. Note your VO2 max 'race paces' on the 'race paces' tab if you do not know your one mile race pace.
- 5) It will be helpful to begin first mile at around 1 minute above your threshold pace (note your pace for #1) and slowly chip down to that pace by the last mile. A progression run by definition: Typically, an ideal progression run will average about 20-25 seconds per mile slower than a tempo (anaerobic threshold) run and be 2 to 2 ½ times the length. For example, someone doing their 3-mile tempo runs at 5:00 per mile (15:00) should be able to do a 6 mile progression run at 5:25 per mile (32:05).
- 6) **Track Workout**: 2 miles easy (can be off the track), 8 x (800 meters tempo pace (note V02 max 'race paces')/800 meters easy pace), 2 miles easy (should be off the track). Switch directions on the track to ease stress on inside leg.