



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

	1	2	3	4	5	6	7
WEEK 1	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Fartlek: 4 x 2 min. on/1 min. off (off at easy run pace)</p> <p>Run: Cool Down 5 min. easy jog and stretch</p>	<p>Run - Recovery Run: Easy Run - 1 mile 30-45 seconds slower than long run pace</p>	<p>Cross Training: 45 min. Bike / Swim / Weights (see note 1 below)</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 1 mile 30-45 seconds slower than long run pace</p> <p>Run: Strides 8 x 100 meters (mile race pace) 1 min. rest between strides</p> <p>Run: Cool Down 7 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 4 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 2	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Tempo Repeats: 5 x 3 min. on/1 min. off (off is stationary) see note 3 below.</p> <p>Run: Cool Down 15 min. easy jog and stretch</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Cross Training: 45 min. Bike / Swim / Weights (see note 1 below)</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p> <p>Run: Strides 8 x 150 meters uphill (see note 4 below)</p> <p>Recovery: jog/walk back down the hill 7 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 5 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 3	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: VO2 Max: 4 x 800 Meter Repeats 4 x 800 meters (VO2 Max Pace) 2.5 min recovery between repetitions</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Cross Training: 45 min. Bike / Swim / Weights (see note 1 below)</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p> <p>Run: Strides 8 x 300 meters (VO2 max pace) 2 min. rest between strides</p> <p>Run: Cool Down 5 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 5 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 4	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Tempo Repeats: 6 x 800 meters (anaerobic threshold pace) with 1 minute recovery between intervals</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p> <p>Run: Hill Strides 8 x 150 meters uphill (150 meters or 30 seconds, whichever is shortest. Recovery: jog/walk back down the hill.</p>	<p>Run - Long Run: Easy Run - 6 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 5	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: 2 x Mile on / Mile off 2 x 1 Mile on/off continuous run-no rest. On miles to be run at Tempo Pace. Off miles to be run at long run pace.</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Cross Training: 45 min. Bike / Swim / Weights (see note 1 below)</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Run - Long Run: Easy Run - 5 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 6	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 10 min. easy jog and stretch</p> <p>Run: VO2 Max: 4 x 800 Meter Repeats 4 x 800 meters (VO2 Max Pace) 2.5 min recovery between repetitions keep active on the recovery with a walk/jog</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 5 miles complete run at long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Progression - 4 miles (see note 5 below)</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 7	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 5 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 10 min. easy jog and stretch</p> <p>Run: Ladder Workout - 2.5 miles (see note 6 below)</p> <p>Run: Cool Down 7 min. easy jog and stretch</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Cross Training: 45 min. Bike / Swim / Weights (see note 1 below)</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Long Run: Easy Run - 5 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 8	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: 2 mile tempo-rest-0.5 mile tempo 2 mile tempo, 3 min walk/jog, 0.5 mile tempo (see note 7 below)</p> <p>Run: Strides 8 x 100 meters (Mile Race Pace) 1 min. rest between strides</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Cross Training: 45 min. Bike / Swim / Weights (see note 1 below)</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 1.5 miles 30-45 seconds slower than long run pace</p> <p>Run: Strides 6 x 100 meters (Mile Race Pace) 1 min. rest between strides</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Race Day: Be confident in your training, have fun and don't leave anything out on the course.</p> <p>Run: Cool Down 5 min. easy jog and stretch</p>

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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 VO2 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.