

Plan A is ideal for:

Participants who would like to run-walk a 5k race.

Recommended base prior to beginning Plan A:

Able to walk 30 minutes at a moderate pace without difficulty.

Pace

The pace for all runs should be a pace in which you can easily converse, speaking in full sentences.

Wednesday Coached Group Runs

Group runs meet at Baker Park, near the downstairs entrance to Talley Recreation Center.

Monday Run

There are no coached group runs on Mondays. You are however, encouraged to use the **Frederick Women's 5k Training Program** Facebook group to find other participants to do your workout with.

Saturday Coached Long Run

The Saturday long run is a key workout for the week. Take it slow enough that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Strength and/or Cross Training

At a minimum, you should do the **BASIC 5** strength/balance routine twice a week. This can be after your runs on Monday and Wednesday. Or you can do it on Tuesday and Thursday. If you already participate in some sort of non-running low-impact activity such as yoga or cycling, please feel free to continue these activities during the program. If you currently do strength training in the gym that focuses on upper body, core, and hips, you may do that instead of the BASIC 5. With cross training workouts, you may need to dial it back a little from your previous when you start adding running to your weekly routine. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run. Keeping Friday as a day completely off from activity is recommended so that you are fully rested for the stresses of the Saturday long run.

Moving Days Around

Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your workouts. **Consistency is the key factor to success in running.** It is okay to move your weekday runs to other days within these rules:

- (1) Take a day off between runs.
- (2) Missing one run is generally not a problem. However, if you need to miss consecutive runs (sickness, life, etc.), please contact your coach for advice on altering your training plan.

If you have further questions about how to move your runs around, please ask your coach.

Week 4

Week 4 is a planned recovery week. Your body needs this week to rebuild and recharge. You may feel a bit antsy. That's okay. Take this week to rest and eat well.

Run-Walk Ratios

Everyone is at a different place in their fitness journey. Most will do well with the run-walk ratios stated in the training plan. Some however, will desire to progress a bit more gradually. This is okay! Repeat a week if you feel you need to, before progressing to the next. Or use the walk-run ratios from the week before and the total time for the scheduled week. While the goal of the program, as written, is to get to a 5 minute run to 1 minute walk ratio (a ratio used by even experienced marathoners and ultra-marathoners), you may find that a 3 minute run to 2 minute walk ratio works best for you. Use what works.

Walk Segments

Particularly as the walk segments get shorter, resist the urge to all-out power walk. Keep the stride short and the pace a bit slower. Use the walk to recover your heartrate from the run.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6/3/19	5 x (1R:2W) CP BASIC 5	OFF	5 x (1R:2W) CP BASIC 5	OFF	OFF	7 x (1R:2W) CP	OFF
2 6/10/19	5 x (1.5R:2W) CP BASIC 5	OFF	6 x (1.5R:2W) CP BASIC 5	OFF	OFF	8 x (1.5R:2W) CP	OFF
3 6/17/19	5 x (2R:2W) CP BASIC 5	OFF	6 x (2R:2W) CP BASIC 5	OFF	OFF	8 x (2R:2W) CP	OFF
4 Recovery Week 6/24/19	5 x (2R:2W) CP BASIC 5	OFF	5 x (2R:2W) CP BASIC 5	OFF	OFF	7 x (2R:2W) CP	OFF
5 7/1/19	5 x (3R:2W) CP BASIC 5	OFF	6 x (3R:2W) CP BASIC 5	OFF	OFF	7 x (3R:2W) CP	OFF
6 7/8/19	6 x (3.5R:1.5W) CP BASIC 5	OFF	6 x (3.5R:1.5W) CP BASIC 5	OFF	OFF	8 x (3.5R:1.5W) CP	OFF
7 7/15/19	6 x (4R:1W) CP BASIC 5	OFF	6 x (4R:1W) CP BASIC 5	OFF	OFF	4R:1W for 3.1 miles COURSE PREVIEW	OFF
8 7/22/19	5 x (5R:1W) CP BASIC 5	OFF	5 x (5R:1W) BASIC 5 CP	OFF	OFF	7 x (5R:1W) CP	OFF
9 7/29/19 Taper - Race Week	5 x (5R:1W) CP	OFF	3 x (5R:1W) CP	OFF	OFF	Women's Distance Festival 5K	

HIGHLIGHTED=Group Run HIGHLIGHTED=Goal Race

CP = Conversational Pace – you should be able to speak in full sentences

R = Run

W = Walk

Decoding the Workout:

- Begin each workout with a 5 minute walk, followed by the 5 minute dynamic warm-up routine
- Complete the run-walk listed on the calendar. Each run-walk is split into 5 minute blocks (except weeks 8 and 9, where the blocks are 6 minutes.). The first number tells you how many blocks you will be doing. In parentheses, the numbers tell you how many minutes of the block are running (R) and how many minutes are walking (W). For example, **5 x (1.5R:2W) CP** means to run (at a conversational pace) 1 minute 30 seconds, then walk 2 minutes. Repeat that 4 more times (for a total of 5 repetitions.)
- Finish the workout with a 5 minute cool down walk.
- Do the BASIC 5 strength and balance routine.
- Stretch if you need to.