

Run with the Girls 5k/10k Beginner Intermediate Training Plan

Training Zones

Zone 1 Warm-up and cool-down pace 50 to 65% (of maximum effort)

Zone 2 General Conditioning 65 –80% (Aerobic Pace)

Zone 3 Tempo Pace 80 –90% (10k to 5 k pace)

Zone 4 Anaerobic pace 90-95 % (5k to 1mile pace)

Zone 5 Speed 95-100% (1mile to 800m pace)

Week 1

Mon. 9-19

Run 30 min zone 1-2

Tues. 9-20

OFF

Wed. 9-21

Run 40 min zone 1-2

Thurs. 9-22

OFF

Fri. 9-23

Run 40 min zone 1-2

Sat. 9-24

Run 45 min crosstrain

Sun. 9-25

Run 50 min. zone 1-2

Week 2

Mon 9-26

Run 30 min zone 1-2

Tues. 9-27

OFF

Wed. 9-28

Run 50 min zone 1-2
Week 2 con't

Thurs. 9-29
45 min. crosstrain

Fri. 9-30
Run 50 min. zone 1-2

Sat. 10-1
45 min crosstrain

Sun. 10-2
Run 1 hour zone 1

Week 3

Mon. 10-3
Run 30 min. zone 1-2

Tues. 10-4
OFF

Wed. 10-5
Run 1 hour zone 2

Thurs. 10-6
45 min crosstrain

Fri. 10-7
Run 50 min
-15 min warm up
-7x 1:30 zone 3-4 w/ 1:30 rest
-cool down 10 min

Sat. 10-8
45 min. cross train

Sun. 10-9
Run 1:15 zone 1-2

Week 4

Mon. 10-10
OFF

Tues. 10-11
Run 45 min zone 1-2

Wed. 10-12
Run 50 min w/ 3x5min. @ zone 3 with 5 min ez after each
15 min warm up
10 min cool down

Thurs. 10-13
45 min cross train

Fri. 10-14
Run 50 min w/ 12 x :45 sec @ zone 4 w/45 sec. Recovery

Sat. 10-15
Run 30 min zone 1

Sun. 10-16
Run 1:15 zone 1

Week 5

Mon. 10-17
OFF

Tues. 10-18
Run 50 min
15 min warm up
2x10 min zone 3 w/5 min recovery
10 min cool down

Wed. 10-19
Run 1 hour zone 1-2

Thurs. 10-20
Cross train

Fri. 10-21
Run 50 min
15 min warmup
8x2 min zone 4 w/ 2min ez after each

Sat. 10-22
Run 30 min zone 1-2

Sun. 10-23
Run 1:05 zone 1

Week 6

Mon. 10-24
OFF

Tues. 10-25
Run 50 min.
-15 min warmup
3x8 min zone 3 w/4 min recovery after each
10 min cooldown

Wed. 10-26
Run 1 hour zone 1-2

Thurs. 10-27
OFF

Fri. 10-28
Run 50 min
15 min warm up
10x 1:30 zone 4 w/1:30 ez after each
cooldown 5-10 min

Sat. 10-29
Run 30 min zone 1-2

Sun 10-30
Run 50 min. w/ last 10 min @ race pace

Week 7 (Race Week)

Mon. 10-31

OFF

Tues. 11-1

Run 45 min zone 1-2

Wed. 11-2

Run 30 min. zone 1

Thurs. 11-3

Run 50 min

15 min warmup

4-6 x :45 sec zone 4 w/ 1 min recovery after each effort

5-10 min cool down

Friday 11-4

OFF

Sat. 11-5

Run 30 min easy

Sun. 11-6 (**RACE DAY GOOD LUCK and HAVE FUN!!!**)