

Leprechaun 5K

Intermediate Training Plan

Week 1

Day 1

Run a flat, easy 2 miles.

Day 2

Walk 30-60 minutes or Run 20 minutes easy

Day 3

Lift Weights

Day 4

REST DAY Stretch and Foam Roll

Day 5

Run at a controlled tempo/pace for 20 minutes.

Day 6

Run 3 miles SPEED

Run the first 1/2 mile as a warm up. Run the next mile 20 :60 second "pick ups."

Pick up your pace for 20 seconds then back off and recovery for 60 seconds. Do "pick ups" for 1 mile. Then cool down at an easy pace for 1/2 mile = 3 miles.

Day 7

OFF

Week 2

Day 1

Run 3 miles

Run the first mile as a warm up. Run the next 2 miles at a strong, steady pace.

Nothing should feel "hard," just controlled.

Day 2

Run 2 miles SPEED

Today you will be alternating between 1/4 mile easy/steady pace, followed by 1/4 mile at "race pace." Focus on a 180 bpm cadence while running easy, fast, and transitioning. Continue to alternate speed changes = 2 miles.

Day 3

Lift Weights

Day 4

REST DAY Stretch and Foam Roll

Day 5

Run 3 miles SPEED

Run the first 1/2 mile as a warm up. Run the next mile 20 :60 second "pick ups."
Pick up your pace for 20 seconds then back off and recovery for 60 seconds. Do "pick ups" for 1 mile. Then cool down at an easy pace for 1/2 mile = 3 miles.

Day 6

REST DAY Stretch and Foam Roll

Day 7

Run 3 miles

Run at a quick pace for 3 miles. Work on relaxed shoulders.

Focus on a shorter, quicker stride and cadence (180 beats per minute or faster).

Week 3

Day 1

Run 4 miles

Run 1 & 3 easy pace (easy and recovery).

Run 2 & 4 at 5K "race pace."

Cool down and stretch.

Day 2

REST DAY Stretch and Foam Roll

Day 3

Lift Weights

Day 4

Run 3 miles SPEED

Run the first 1/2 mile as a warm up. Run the next 2 1/2 miles 40 : 120 second "pick ups." seconds.

Cool down and stretch

Day 5

Easy 3 mile run. Nothing specific...just relaxed.

Day 6

REST DAY Stretch and Foam Roll

Day 7

Run 3 miles SPEED

Run the first 1/2 mile as a warm up. Run the next mile 20 :60 second "pick ups."

Pick up your pace for 20 seconds then back off and recovery for 60 seconds. Do "pick ups" for 1 mile. Then cool down at an easy pace for 1/2 mile = 3 miles.

Week 4

Day 1

REST DAY Stretch and Foam Roll

Day 2

Hill Repeats or Bleachers

Warm up 10 minutes
8 X 20 second - ALL OUT repeats
Cool Down 10 minutes

Day 3

Lift Weights

Day 4

Run 2 miles TEMPO

Run a 1/4 mile warm up and then pick up the pace to a steady, but relaxed pace.
Continue to work on the 180-190+ beats per minute cadence = 2 miles.

Day 5

Easy 4 miles run. Relax shoulders and maintain a short / quick turnover without spiking your heart rate.

Day 6

REST DAY Stretch and Foam Roll

Day 7

Run 3 miles SPEED

Run the first 1/2 mile as a warm up. Run the next mile 20 :60 second "pick ups."
Pick up your pace for 20 seconds then back off and recovery for 60 seconds. Do "pick ups" for 1 mile. Then cool down at an easy pace for 1/2 mile = 3 miles.

Week 5

Day 1

Walk 60 minutes or Run 30 minutes

Day 2

Run 3-4 miles TEMPO + Hill Repeats

Use mile 1 as an easy warm up. Go as slowly as needed, but do not walk.

Maintaining your 180 beat per minute cadence. After mile 1 warm up start to build into a strong pace.

After you complete mile 3-4, do 2 X repeats up a short hill. Eyes up, Chest up, and drive your knees up the trail!

Day 3

Lift Weights

Day 4

REST DAY Stretch and Foam Roll

Day 5

Easy 4 miles run. Relax shoulders and maintain a short / quick turnover without spiking your heart rate.

Day 6

Run 3 miles SPEED

Run the first 1/2 mile as a warm up. Run the next 2 miles 45 : 75 second "pick ups."

Pick up your pace for 45 seconds then back off and recovery for 75 seconds.
Do “pick ups” for 2 miles. Then cool down at an easy pace for 1/2 mile = 3 miles.

Day 7

REST DAY or WALK Stretch and Foam Roll

Week 6

Day 1

Run 3 miles SPEED

Run 1/4 mile as a warm up. Immediately transition into “pick up” 75 : 45. Building into 75 seconds fast, followed by 45 seconds recovery. Repeat this sequence for 3 miles.

Cool down completely.

Day 2

Easy 2 miles run. Relax shoulders and maintain a short / quick turnover without spiking your heart rate.

Day 3

REST DAY or WALK Stretch and Foam Roll

Day 4

Lift Weights

Day 5

Run 2-3 miles TEMPO

Start today’s run at a quicker tempo. Trying to create an environment similar to “race day.”

Start out at a quick, strong, yet controlled - Tempo. Continue to work at 180+ bpm cadence with relaxed shoulders, slight forward lean, and shorter strides.

Push your pace for the last mile and finish strong.

Day 6

REST DAY Stretch and Foam Roll

Day 7

Run 2 miles

Warm up for 1/2. Then run a SUPER FAST MILE! Then jog easy for 1/2 mile.

Focus on how you want to feel throughout your race. Eye up! Chest up!

Week 7

Day 1

Run 2 miles SUPER EASY

SUPER EASY RUN! Nothing should feel “hard” or labored.

Continue to work on 180-190+ bpm with relaxed shoulders, slight forward lean, and shorter strides

Day 2

REST DAY Stretch and Foam Roll

Day 3

Lift Weights

Day 4

Run 3 miles Long and Slow

Run easy today. Nothing specific. Maintain your form throughout the entire run. **Let it FLOW!**

Day 5

Run 3 miles SPEED

Run 1/4 mile as a warm up. Immediately transition into “pick up” 75 : 45. Building into 75 seconds fast, followed by 45 seconds recovery. Repeat this sequence for 3 miles.

Cool down completely.

Day 6

REST DAY Stretch and Foam Roll

Day 7

RACE DAY! HAVE FUN! YOU ARE SO READY!

Program courtesy of Katie Ingram, Fitness Supervisor and Director of Fitness Programming at Saint Mary's Fitness Center.

Katie is a local athlete and Personal Trainer/Coach with Sierra Body Works.

Katie graduated from California State University Northridge with a degree in Exercise Physiology/Kinesiology.

She was a collegiate swimmer and triathlete.

In the last 20 plus years, Katie has been coaching athletes of all abilities.

Her philosophy is to “plan your work, and work your plan!” If you train with a purpose and trust the process of your training plan....results will follow.