

Bridge from LRC 5k to LRC Distance Program Training Summer 2026

Have questions about this plan? Reach out via email – training@lakelandrunnersclub.org.

Who can use this program?

This training is applicable for any runner who wants to gradually increase their endurance from the 5k distance toward the goal of training for a 10k or half marathon distance. For this training, the long run starts at 60 minutes and gradually builds to 120 minutes. You do not have to train for a 10k or half marathon to follow this plan.

In this program, I use the term running to refer to running, run/walking, jogging, fitness walking, or walking. When I use running and jogging in a workout, jogging is a pace that allows you to recover.

The plan includes periods of building time on feet and then cutback weeks that align with the LRC races. This is a training philosophy known as periodization. Periodization is the application of training blocks to cause physical and metabolic adaptations to improve performance.

Why is the training in minutes vs miles?

This plan works for everyone, regardless of their pace. 60 minutes at the prescribed effort results in the same physiological benefit for any pace.

Why is the weekday time range so broad, but the long run so specific?

Having a broad range lets you be in control of your training and adapt the program to work with your schedule. The long run is a specific time to demonstrate how we are building endurance in a very gradual way, but it doesn't have to be precise, it can be +/- several minutes. You can go as slow as you need to or run less time on the days you need to and feel good about what you accomplished.

What is conversational pace?

Conversational pace is when you can easily run and talk at the same time, or breath only through your nose. It is a range and will vary based on the temperature and your overall fatigue.

What days of the week should I run?

If you are running 3 days a week, you'll want to include a recovery day after each run. If you are running 4 days a week, include a recovery run the day after a workout, and the day before the long run. Recovery doesn't necessarily mean no activity. At least one day per week of rest (no activity) is recommended.

How do I know if I should include the workout?

If you have been running at least six months injury free and are running at least 3 hours per week, I encourage you to try the workouts. You can include the workout in any of your weekday runs (not the long run). Every workout can be shortened to customize it to your current ability.

What if I miss a long run? If everything else stays consistent and you aren't experiencing any issues, you can pick back up per the schedule. If you miss more than one, you'll want to backtrack a few weeks and then return to increasing the time.

Fuel your runs. If your run is over 75 minutes, you need to eat during your run. The target is 60 (240 calories) to 75 grams of carbohydrates per hour. If this is new, start with less and let your body adapt. It takes time to fine tune what type and frequency of fuel works best for you, and running adequately fueled can make a huge difference in how you feel. If you run in the morning, you need to eat something (small) before you run. If you run in the evening, your normal eating pattern should be sufficient to fuel your run. Fuel options for runners is a huge market, but regular grocery items with fructose and glucose are fine. Seek help from a registered dietician if you have concerns about your diet.

Hydrate. Drink to thirst, but plan to drink every 20-30 minutes so you don't drink a lot at once and end up with a sloshy stomach.

Sleep. It's the most important aspect of training after getting time on your feet.

Heat Illness is detrimental to performance and your health, and heatstroke can result in permanent disability or death. Please take a few minutes to read our guide on [Hot Weather Running](#) (temperatures over 70° F).

Aches/Pain/Injuries. If you are new to running, it may take time to distinguish between something that is sore versus an injury. Some soreness is normal if you are a newer runner, but it shouldn't stop you from doing normal daily life. Most runners experience overuse injuries from trying to do too much, in too little time, or at too fast a pace. Take things slow and if you think you're injured, seek advice from medical professionals. Studies show that stretching and weightlifting do not reduce the risk of overuse injuries. Add them if you want to be more flexible (not a requirement for running) and stronger (could be beneficial to running).

Why you should have the run/walk method as a tool in your training toolbox.

Olympian Jeff Galloway popularized the run/walk method to help runners of all paces control their fatigue and reduce aches and pain so they can achieve big goals. This method is excellent for new runners, or runners moving up to a longer distance, to be able to accomplish more time on their feet and improve their endurance. It is helpful when you are coming back from an injury or want to reduce strain on your body. When it is very hot or you don't want to run, run/walk makes it doable. This table shows the run/walk interval that Jeff Galloway recommends for a pace range, but you can use whatever works for you, and you do not always have to use the same interval. You also don't have to have a goal to be able to straight run or always use run/walk.

Pace Range	Run/Walk Interval	Pace Range	Run/Walk Interval
08:00 - 09:00	4:00 / 0:30	13:00 - 14:00	0:30 / 0:30
09:00 - 10:00	2:30 / 0:30	14:00 - 15:00	0:15 / 0:30
10:00 - 11:00	1:30 / 0:30	15:00 - 16:00	0:15 / 0:30
11:00 - 12:00	1:00 / 0:30	16:00 - 17:00	0:10 / 0:30
12:00 - 13:00	0:30 / 0:30	17:00+	0:05 / 0:30

Sunday Date	Day 1 minutes	Day 2 minutes	Optional Day 3 minutes	Long Run minutes	Optional Workout	Notes
runs are at a conversational pace (aka easy pace), except when including the optional workout.						
						Bonnet Springs 5k
March 29	30-60	30-60	30-60	60	Fartlek 1	
April 5	30-60	30-60	30-60	65	Fartlek 2	
April 12	30-60	30-60	30-60	70	Fartlek 3	
April 19	30-60	30-60	30-60	75	Fartlek 4	
April 26	30-60	30-60	30-75	80	Hill Repeats 1	
May 3	30-60	30-60	30-75	60	Cutback Week	May 9 - Mayfaire 5k
May 10	30-45	30-45	30-60	85	Hill Repeats 2	
May 12	30-60	30-60	30-75	80	Hill Repeats 3	
May 17	30-60	30-60	30-75	85	Hill Repeats 4	
May 24	30-60	30-60	30-75	90	Threshold 1	
May 31	30-45	30-45	30-60	85	Threshold 2	
June 7	45-60	45-60	30-75	60	Cutback Week	June 13 - Watermelon 5k
June 14	45-60	45-60	30-75	90	Threshold 3	
June 21	45-60	45-60	30-75	100	Threshold 4	
June 28	45-60	45-60	30-75	105	Intervals 1	
July 5	30-45	30-45	30-60	60	Cutback Week	July 11 - Watermelon 5k
July 12	45-60	45-60	30-75	100	Intervals 2	
July 19	45-60	45-60	30-75	110	Intervals 3	
July 26	45-60	45-60	30-75	120	Intervals 4	
August 2	30-45	30-45	30-60	60	Cutback Week	August 8 - Watermelon 5k
August 9	45-60	45-60	30-75	110	Any Fartlek	
August 16	45-60	45-60	30-75	TBA	Any Fartlek	August 22 - LRC Distance Program Kick Off

Workouts have three components: a period of easy running to limber up, raise your heartrate, and ready your body (the warm up), the workout itself, and another period of easy running (the cool down). The harder the workout, the longer the warmup should be.

The workouts are written as “number of repetitions” x “duration and pace to repeat”.

Example: 4 x (60 sec slightly hard pace, 60 sec jog)

Run for 60 seconds at a slightly hard pace followed by 60 seconds of jogging to recover, then repeat three more times for a total of 8 minutes.

Workout Name	Workout Description
	<p>FARTLEK - Fartlek is a Swedish term that means "speed play." These runs are meant to be fun and energizing where there is no specific pace goal, just a change in effort. You can modify the duration by decreasing the time or number of intervals to work for where you are in your training. If you don't want to wear a watch, light poles or mailboxes are great options to break up a fartlek run.</p>
Fartlek 1	<p>10 - 20 minute warm up 4 minutes - fairly comfortable pace 3 minutes - slightly hard pace 2 minutes - somewhat hard pace 1 minute – hard pace 5 - 20 minute cool down</p>
Fartlek 2	<p>10 - 20 minute warm up 2 x (90 sec fairly comfortable pace, 90 sec jog) 4 x (60 sec slightly hard pace, 60 sec jog) 4 x (30 sec somewhat hard pace, 30 sec jog) 4 x (15 sec hard pace, 15 sec jog) 5 - 20 minute cool down</p>
Fartlek 3	<p>10 - 20 minute warm up 5 minutes comfortably hard pace 6 x (1 minutes hard, 1 minute jog) 3 minutes jog 5 minutes comfortably hard pace 5 - 20 minute cool down</p>
Fartlek 4	<p>10 - 20 minute warm up 2 to 4 sets of 4 x (30sec, 20 sec, 10 sec). The 30 seconds is jogging, 20 seconds is a a comfortably hard pace, and 10 seconds is a hard pace. Do this continuously four times and then take a two minute break before the next set. Complete two to four sets in total. 5 - 20 minute cool down</p>

HILL REPEATS - There is less impact running uphill so it's easier on your joints and connective tissues. Hills "force" you to run with better form, reinforcing a more efficient stride. Running up steep grades builds power more safely than running fast on flat terrain.

Hill repeats are different than incorporating hills into your easy runs (you should incorporate rolling terrain as much as possible).

Warning! Because they are a strength session in disguise, like speed work on a track, hill repeats are an injury risk. Monitor your mechanics and you start to feel sloppy, stop.

Don't want to use time? Use the same hill and drop a rock or use some other marker (mailbox, light pole, house) over the four weeks. The hills running from Lake Hollingsworth to S. Florida Ave used for the LRC Thursday Hill Run are about 4.5% grade and are a good choice for hill repeat workouts.

Hill Repeats 1	10 - 20 minute warm up 3 x 45 seconds uphill, walk down 3 x 30 seconds uphill, walk down 3 x 15 seconds uphill, walk down 5 - 20 minute cool down
Hill Repeats 2	10 - 20 minute warm up 3 x 60 seconds uphill, walk down (stand until you are fully recovered) 3 x 45 seconds uphill, walk down 3 x 30 seconds uphill, walk down 5 - 20 minute cool down
Hill Repeats 3	10 - 20 minute warm up 3 x 30 seconds uphill, walk down 3 x 45 seconds uphill, walk down 3 x 60 seconds uphill, walk down (stand until you are fully recovered) 5 - 20 minute cool down
Hill Repeats 4	10 - 20 minute warm up 6 x 60 seconds uphill, walk down (stand until you are fully recovered) 5 - 20 minute cool down

THRESHOLD - A threshold or tempo run is the next phase of becoming a stronger runner. If you run at the correct pace, a threshold run helps your body learn to process energy more efficiently.

Run a tempo run too fast, and your body can't take advantage of learning to clear lactate, and it will be like racing in training with no benefit.

To find your threshold pace go to <https://vdoto2.com/calculator> and enter the result of a recent race or time trial.

Threshold 1	10 - 20 minute warm up 2 x (5 minutes at threshold pace, 1 minute jog) 5 - 20 minute cool down
Threshold 2	10 - 20 minute warm up 3 x (4 minutes at threshold pace, 1 minute jog) 5 - 20 minute cool down
Threshold 3	10 - 20 minute warm up 4 x (4 minutes at threshold pace, 1 minute jog) 5 - 20 minute cool down
Threshold 4	10 - 20 minute warm up 5 x (4 minutes at threshold pace, 1 minute jog) 5 - 20 minute cool down

INTERVALS - this four week training block will focus on race pace specific work. This comes at the end of endurance and strength work to fine tune your effort toward a 5k event or time trial.

Intervals 1	10 - 20 minute warm up 4 to 6 x (2 minutes at 5k pace, 2 minute jog or walk) 5 - 20 minute cool down
Intervals 2	10 - 20 minute warm up 6 to 8 x (2 minutes at 5k pace, 2 minute jog or walk) 5 - 20 minute cool down
Intervals 3	10 - 20 minute warm up 8 to 10 x (2 minutes at 5k pace, 2 minute jog or walk) 5 - 20 minute cool down
Intervals 4	10 - 20 minute warm up 6 x (2 minutes at 5k pace, 2 minute jog or walk) 4 x (1 minute at 5k pace, 1 minute jog or walk) 5 - 20 minute cool down

CUTBACK / RACE WEEK – Take cutback weeks even if you aren't racing. This workout applies in either scenario.

4 to 8 x 1 minute	10 - 20 minute warm up 4 to 8 x (1 minute at 5k pace, 2 minutes jog or walk recovery) 5 - 20 minute cool down
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Social and Group Training Runs in Lakeland

Tuesdays

Bonnet Springs Park workout with Coach Sarah – every Tuesday at 6:00 am from the Welcome Center

[LRC Group Workout](#) - every Tuesday at 6:00 PM starting from Anchor Park on the Lake Hollingsworth path.

[Swan Brewing Brew Crew](#) – every Tuesday at 5:45 PM starting from Swan Brewing

Thursday

[LRC Hill Run](#) – every Thursday at 6:00 PM starting on Johnson Ave by the parking lot near Branscomb Auditorium.

Saturday

[LRC Brew Crew](#) – every Saturday (except LRC race days marked on schedule) at 5:30 AM or 7:00 AM from Black & Brew Library Location.

Do we have have someone your pace? If you come, we will!