

## Dream 5K

### Beginner Schedule

Phase	Dates	Sun	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Minutes
<b>Endurance</b>	-----	<b>C/O</b>	<b>C/O</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>O</b>	<b>L</b>	-----
	7-21-27			10-20 (1/1)		5-15 (1/1)		15-20 (1/1)	30-55
	7-28-8-3			15-25 (1/1)		10-20 (1/1)		20-25 (2/1)	45-1:10
	8-4-10			20-30 (2/1)		15-25 (2/1)		25-30 (3/1)	1:00-1:25
	8-11-17			25-35 (3/1)		20-30 (2/1)		30-35 (4/1)	1:15-1:40
	8-18-24			30-40 (4/1)		25-35 (3/1)		35-40 (5/1)	1:30-1:55
	8-25-31			30-40 (5/1)		20-30 (3/1)		25-30 (6/1)	1:15-1:40
	9-1-7			20-30 (4/1)		10-20 (2/1)		Dream 5K	30-50

-Alternate running & walking for a range of minutes. For example, 10-20 (1/1) means to do a 10-20 minute workout of running very relaxed (the easier the better!) for 1 minute alternating with 1 minute of walking.

-Warm up with a walk for 5-10 minutes before starting the workout.

### Training Phases and Key Terms

**-Endurance Phase:** main goal is to slowly build up endurance. Avoid speed work / very little hills.

**O = Off Day/Complete Rest/** No cross training. Active recovery such as foam rolling recommended.

**C = Cross training.** Strength training that works the glutes/hips/core is recommended 1-2 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as swimming, elliptical, or spinning.

**R = Recovery Workout.** Very relaxed effort over flat to rolling terrain for short duration. Stop a few times during to stretch to loosen up tight spots and lower the injury risk. Have fun!

**SL = Semi-long Workout.** After easing into the workout for 10-15 minutes (very relaxed effort), settle into a relaxed effort.

**L = Long Workout.** After easing into the workout for 10-15 minutes (very relaxed effort), settle into a relaxed effort.

**/ = Or.** C/O means to either cross train or take the day off.

## Dream 5K

### Level I Schedule

Phase	Dates	Sun	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Miles
<b>Endurance</b>	-----	<b>C/O</b>	<b>C+R</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>O</b>	<b>L</b>	-----
	7-21-27		½-1	1-2		1		1-2	5-10
	7-28-8-3		½-1	1-2		1-2		2-3	5-10
	8-4-10		½-1	2-3		1-2		2-3	6-11
<b>Strength</b>	-----	<b>C/O</b>	<b>C+R</b>	<b>SL+F</b>	<b>C/O</b>	<b>H</b>	<b>O</b>	<b>L</b>	-----
	8-11-17		1-2	2-3		2-3		3-4	4-7
	8-18-24		1-2	2-4		2-3		3-4	7-12
	8-25-31		1-2	2-4		2-3		2-3	
	9-1-7		1-2	2-3		1-2R		Dream 5K	

-During summer weather, can convert mileage to minutes - multiply your average pace by the miles and run by effort for that time

-Start at least 2-3 minutes per mile slower than your 5K goal pace to gradually ease into the run > the more relaxed, the better!

### Training Phases and Key Terms

**-Endurance Phase:** main goal is to slowly build up endurance. Avoid speed work / very little hills.

**-Strength Phase:** to add strength by doing one hilly course a week.

**O = Off Day/Complete Rest/** No cross training. Active recovery such as foam rolling recommended.

**C = Cross training.** Strength training that works the glutes/hips/core is recommended 1-2 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as swimming, elliptical, or spinning.

**R = Recovery Workout.** Very relaxed effort over flat to rolling terrain for short duration. Stop a few times during the run to stretch to loosen up tight spots and lower the injury risk. Have fun!

**SL = Semi-long Workout.** After a 15 minute warm up (very relaxed effort), settle into a relaxed effort.

**L = Long Workout.** After a 15 minute warm up (very relaxed effort), settle into a relaxed effort.

**H = Hill Workout.** Find some hills on your route and stay relaxed on the uphills.

**F = Fartlek.** After you've warmed up for 10-15 minutes, perform pickups during the workout where you run at 5K race effort (i.e. moderately hard) for 1 minute followed by a 1-2 minute recovery jog. Start with 3-5 and add 1 every week.

**/ = Or.** C/O means to either cross train or take the day off.