



5K TRAINING PLAN

THE OREGON BREWERY RUNNING SERIES



8 WEEK 5K TRAINING PROGRAM

The 5k is the quintessential runners distance. It can represent a first race, or a grueling challenge. Some race it hard - a unique combination of speed and endurance. Some simply enjoy it for the social connection to friends, family, or a cause they believe in.

The following 8 week 5k training plan will help any runner get in great shape to run their first, fastest, or most fun 5k ever! We'll help you set a goal, then get there. Don't have 8 weeks to train? We've got you covered!

TRAINING PROGRAM AGREEMENT

We want to see you run your strongest race ever, and stick with your training plan from start to finish.

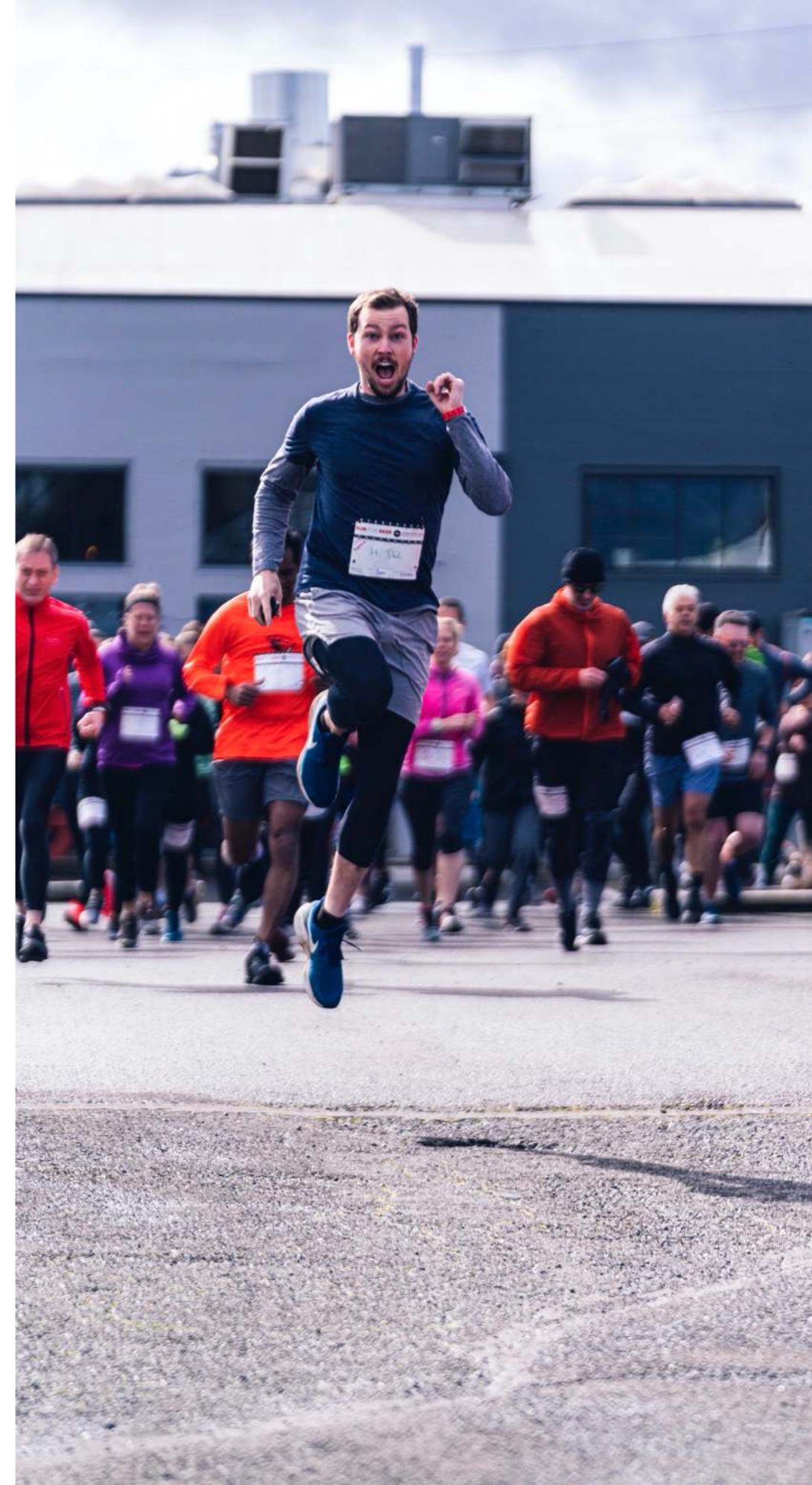
Being honest and realistic about your goals will help tremendously! If you ramp up too quickly (either in mileage or intensity), that's a good way to get injured.

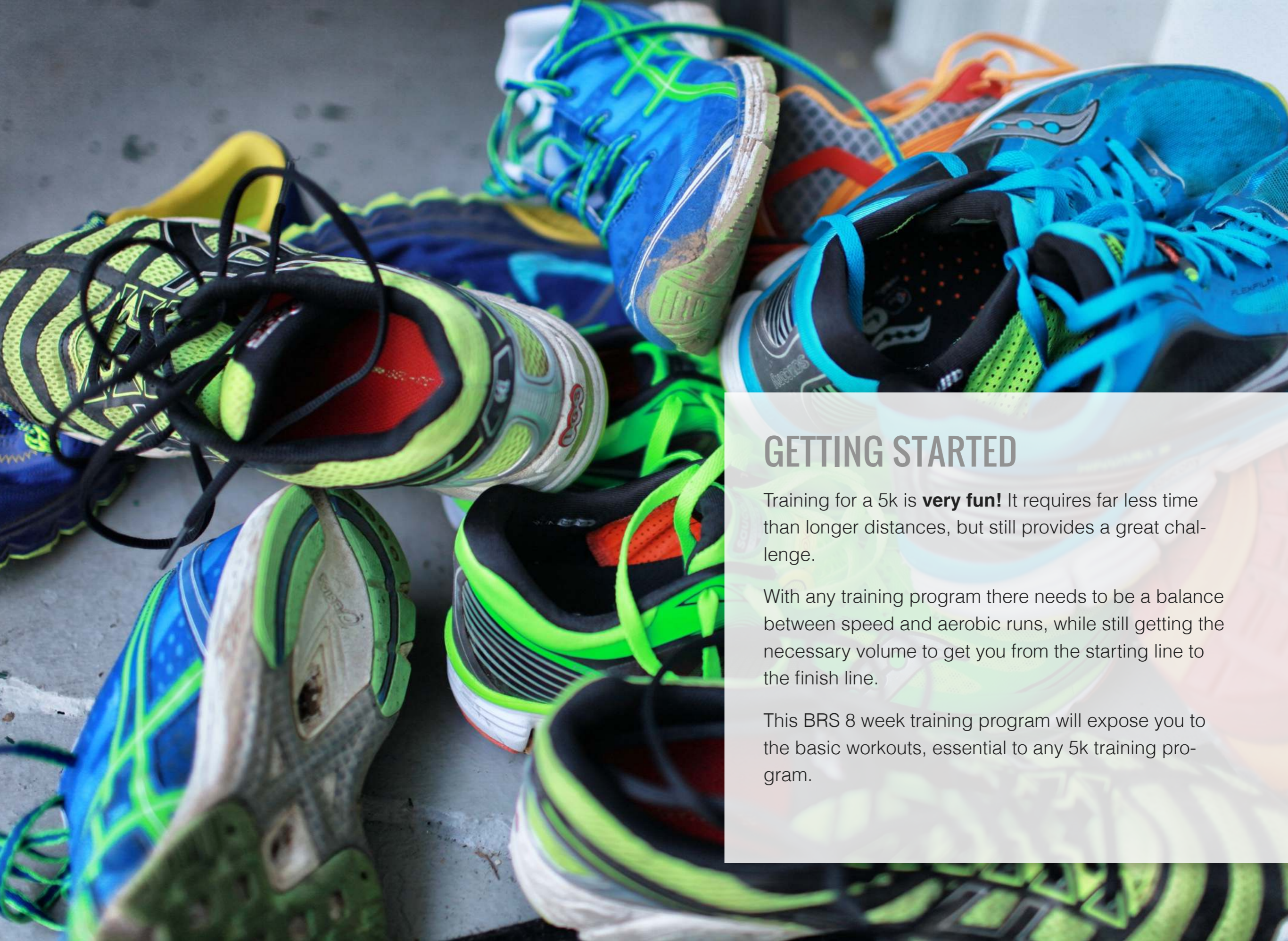
It's *always* a good idea to consult your physician before beginning any new fitness program.

We all know that participating in any sort of exercise brings with it the chance for physical injury.

By using this training plan, you acknowledge that The Oregon Brewery Running Series is not responsible for any health problems that may result from the training program you choose to follow. You agree that you are using this voluntarily, at your own risk, and release The Oregon Brewery Running Series from any and all claims or cause of action, known or unknown.

Now go run!





GETTING STARTED

Training for a 5k is **very fun!** It requires far less time than longer distances, but still provides a great challenge.

With any training program there needs to be a balance between speed and aerobic runs, while still getting the necessary volume to get you from the starting line to the finish line.

This BRS 8 week training program will expose you to the basic workouts, essential to any 5k training program.



QUICK START

If you don't have 8 weeks to train, or don't want to stick to a plan, here are a few tips to push yourself.

Do this once or twice a week:

1. During a normal run, pick a random increment (2 minutes, 1 mile, go to the next lamppost on the trail, etc), and **run hard**. Not 100%, but with more effort that you had been exerting. Repeat 4 or 5 times with equal rest in between.
2. **Go a little further.** Once or twice a week, add 1 extra mile, or 10% (whatever is more) to your longest run.

While these tips certainly won't help you make the next Olympic team, they will push you to get out of your comfort zone. We certainly don't care how fast you run, but reaching further than you previously thought possible on a run, can boost self-confidence and help you in other areas of life as well.



WHEN SETTING A GOAL, ALWAYS MAKE SURE IT'S S.M.A.R.T!

SPECIFIC

Your goals should state *exactly* what you want to do, with as much detail as possible. My goals for [month] is to run/walk X miles. That's pretty specific. For extra credit, you could even set some secondary goals in terms of average pace, etc.

MEASURABLE

Goals need a way to quantify (numerically or descriptively) completion, so you know *exactly* when you've achieved it. Did you run X miles at X pace or not?

ATTAINABLE

This is where things get a little trickier. Can you actually, physically reach your goal? Do you have enough time in your week to make it happen? You want this to be a challenge and something you can do with a bunch of hard work. This pairs nicely with the next one...

REALISTIC

Goals should stretch you, but also be connected to past performance. If you want to run 100 miles in a month, but have never run more than 50, it might be too much. If you *have* run 100 miles before, but now you're homeschooling 4 kids and working part-time, then that's probably not realistic given your current life circumstances.

TIME-BOUND

Every goal you set should have a date and time attached. You need to know the target you're trying to hit. Easy!

RUNNING TERMS

Long Runs (LR)

Long runs provide aerobic development and endurance necessary to complete your race distance.

They should be run at a comfortable, conversational pace.

Threshold Runs

These are designed to help you run faster at a specific pace goal. Ultimately, this is what helps you lower your race time.

Start all workouts with an easy warmup and end with an easy cool down.

Speed Work

These are faster than race pace allowing the body to improve oxygen use. Hill repeats are like lifting weights for the legs. After a 10-15 minute warmup, run up the hill (the amount of time indicated) with high knee lifts and exaggerated arm swings. Choose a hill with a moderate grade (4-6%).

The intensity of the effort should be about 85-90% of your maximum effort. Walk back down the hill for recovery.

Easy Runs (E)

These allow your body extra time to recover from harder workouts. Keep these very easy! They should be run at a comfortable, conversational pace.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Threshold Workout	Easy Run		Speed Workout	Easy Run	Long Run	Day Off
Week 1	10 Minute warm up 4x6 minutes at goal 10k race pace with 1 minute recovery 10 minute cool down	25 Minute Run	Day Off	10 minute warm up/cool down - 10x30 second Hill Sprints at 80% of Max sprinting (recovery is length of time to jog down the hill).	20 Minute Run	40 Minute Long Run	Day Off
Week 2	10 Minute warm up 6x3 minutes at goal 10k race pace with 1 minute recovery 10 minute cool down	20 Minute Run	Day Off	10 Minute warm up 15x30 second Hill Sprints at 80% of Max sprinting (recovery is length of time to jog down the hill) Speed 10 Minute Cool Down	30 Minute Run	40 Minute Long Run	Day Off
Week 3	10 Minute warm up 20 minutes at goal 10k pace 10 minute cool down	20 Minute Run	Day Off	10 minute warm up 10x60 second sprints at goal 5k race pace with 45 second recovery 10 minute cool down	35 Minute Run	50 Minute Long Run	Day Off
Week 4	10 Minute warm up 25 minutes at goal 10k pace 10 minute cool down	15 Minute Run	Day Off	10 minute warm up 4x4 minutes at goal 5k race pace recovery 2 minutes 10 minute cool down	40 Minute Run	60 Minute Long Run	Day Off
Week 5	10 Minute warm up 3x7 minutes at goal 10k race pace with 1 minute recovery 10 minute cool down	20 Minute Run	Day Off	10 minute warm up 4x4 minutes at goal 5k race pace recovery 2 minutes 10 minute cool down	30 Minute Run	70 Minute Long Run	Day Off
Week 6	10 Minute warm up 35 minutes at goal 10k pace 10 minute cool down	20 Minute Run	20 Minute Run	10 Minute warm up 7x60 second Hill Sprints at 80% of Max sprinting (recovery is length of time to jog down the hill) Speed 10 Minute Cool Down	20 Minute Run	50 Minute Long Run	Day Off
Week 7	10 Minute warm up 5x3 minutes at goal 10k race pace 1 minute recovery 10 minute cool down	20 Minute Run	20 Minute Run	10 minute warm up 5x2 minutes at goal 5k race pace recovery 2 minutes 10 minute cool down	20 Minute Run	40 Minute Long Run	Day Off
Week 8	10 Minute Warm up 6x2 minute at goal race pace with 2 minute recovery 10 minute cool down	20 Minute Run	Day Off	15 Minute Run	10 Minute Run	Saturday OR Sunday Race Day!	