

Ashby 5K Training Program for Runners

3 Sessions per Week =
Tempo, Interval, Long Run

	Monday	Wednesday	Friday
Workout	Tempo Run	Interval	Long Run
Description	Medium pace	Hard pace	Easy pace
Exertion	8/10 during the Tempo	9/10 or 10/10	4/10 throughout Run
	=Should be able to say a few words, but not a sentence.	=Talking is not comfortable during fast part of Intervals. Between each Fast portion, walk or jog for equal minutes (2 min run, 2 min walk x 4 for Week 1)	=Able to chat, with full sentences, most of the run. ***Walk for parts of the time if necessary***
Warm-up Cool-down	10 min walk or slow jog before & after Tempo	10 min walk or slow jog before & after Interval	none
Week 1 4/30-5/4	10 min Tempo	4x2 min Intervals	25 min
Week 2 5/7-5/11	11 min Tempo	3x3 min Intervals	30 min
Week 3 5/14-5/18	12 min Tempo	3x3.5 min Intervals	32 min
Week 4 5/21-5/25	13 min Tempo	4x3 min Intervals	34 min
Week 5 5/28-6/1	14 min Tempo	3x4 min Intervals	36 min
Week 6 6/4-6/8	15 min Tempo	4x3.5 min Intervals	38 min
Week 7 6/11-6/15	16 min Tempo	5x3 min Intervals	40 min
Week 8 6/18-6/22	17 min Tempo	5x3.5min Intervals	40 min
Week 9 6/25-29	18 min Tempo	4x4 min Intervals	42 min
Week 10: 7/2-7/6 *Toughest Week*	20 min Tempo	6x3 min Intervals	45 min
Week 11: 7/9-13	18 min Tempo	5x3.5 min Intervals	40 min
Week 12: 7/16-7/20 Week of Race	Easy 30 min (NOT a Tempo)	Easy 30 min	Walk/Stretch, get good sleep, avoid heavy meals