





















5K RUNNING REVOLUTION TRAINING PROGRAM

runrev.org

| INTERMEDIATE | MON | TUES | WED | THURS | FRI | SAT | SUN |
|--------------|---|--|---|---|-------------------|---|--|
| Week 1 |  | 10 min dynamic stretch 2.5 miles easy  3 min cool down walk 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic stretch 2 miles easy  3 min cool down walk 10 min static stretch | Rest or easy walk | 30 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 2 | Rest or easy walk | 10 min dynamic/warm 2.5 miles medium  3 min cool down walk 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic/warm 1 mile medium—1 min  then  X 2 3 min cool down walk 10 min static stretch | Rest or easy walk | 30 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 3 | Rest or easy walk | 10 min dynamic/warm 1 mile cadence - 1min  then  x 3 3 min cool down jog 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic/warm 2 miles easy  3 min cool down walk 10 min static stretch | Rest or easy walk | 30 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 4 | Rest or easy walk | 10 min dynamic/warm 3.1 miles hills  3 min cool down walk 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic/warm 2.5 miles easy  3 min cool down walk 10 min static stretch | Rest or easy walk | 30 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 5 | Rest or easy walk | 10 min dynamic/warm 1 mile cadence - 1min  then  x 3 3 min cool down jog 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic/warm 2.5 miles easy  3 min cool down walk 10 min static stretch | Rest or easy walk | 30 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 6 | 20 min cardio train* 10 min static stretch *See cardio training options worksheet | 10 min dynamic/warm 3.1 mile tempo run  10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | | Rest or easy walk | 45 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 7 | 20 min cardio train* 10 min static stretch *See cardio training options worksheet | 10 min dynamic/warm 4 miles easy  3 min cool down walk 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic/warm 3.1 mile medium  10 min static stretch | Rest or easy walk | 10 min dynamic stretch 3.1 miles easy  5 min static stretch | Rest or easy walk |
| Week 8 | 30 min cardio train* 10 min static stretch *See cardio training options worksheet | 10 min dynamic/warm 3.1 miles - 1 block intervals  3 min cool down jog 10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic/warm 4 miles easy  10 min static stretch | Rest or easy walk | 45 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 9 | 30 min cardio train* 10 min static stretch *See cardio training options worksheet | 10 min dynamic/warm 3.1 miles race pace  10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 10 min dynamic stretch 3 miles easy  10 min cool down walk 10 min static stretch | Rest or easy walk | 45 min yoga, swimming, pilates or static stretch | Rest or easy walk |
| Week 10 | 20 min cardio train* 10 min static stretch *See cardio training options worksheet | 10 min dynamic/warm 3.1 miles race pace  10 min static stretch | 20 min strength train* 10 min static stretch *See strength training options worksheet | 30 min yoga, swimming, pilates or static stretch | Rest or easy walk | Rock the Cinco Race See you at the finish line! | Pick your next goal and start working toward it! Great Job! |

This run plan has been created with input from the work of Hal Higdon, Jeff Galloway, Runner's World and Dr. Jim Roberts. It is a guideline not a set of rules. If this regimen isn't challenging enough, ramp it up or move up to the next plan. If it is too challenging, dial it down or move down to the next plan. Tuesday runs are suggestions, your coaches may choose to switch it up a bit. If you aren't familiar with any terms used, please consult "Training Terms" pdf. If you need some direction for cardio or strength training, please see "Cardio Training" and "Strength Training" pdfs.