



# 5K Group Training Plan – Vintage Park 5K

## Graduation Race:

Vintage Park Half Marathon (5K race)

April 10, 2022

<https://runsignup.com/Race/TX/Houston/VintagePark131>

Week	Weeks To Go		Saturday Group Run	Homework 1 (Mon/Tues)	Homework 2 (Wed/Thurs)
1	11	1/22/2022	10w, 8 (1.5r, 1.5w), 5w	10w, 8 (1.5r, 1.5w), 5w	10w, 8 (1.5r, 1.5w), 5w
2	10	1/29/2022	10w, 7 (2r, 1w), 5w	10w, 7 (2r, 1w), 5w	10w, 7 (2r, 1w), 5w
3	9	2/5/2022	10w, 4 (2r, 1w; 3r, 1w), 5w	10w, 4 (2r, 1w; 3r, 1w), 5w	10w, 4 (2r, 1w; 3r, 1w), 5w
4	8	2/12/2022	10w, 5 (4r, 1w), 5w	10w, 5 (4r, 1w), 5w	10w, 5 (4r, 1w), 5w
5	7	2/19/2022	10w, 4 (5r, 1w), 5w	10w, 4 (5r, 1w), 5w	10w, 4 (5r, 1w), 5w
6	6	2/26/2022	5w, 2 (5r, 1w; 7r, 1.5w), 5w	5w, 2 (5r, 1w; 7r, 1.5w), 5w	5w, 2 (5r, 1w; 7r, 1.5w), 5w
7	5	3/5/2022	5w, 3 (8r, 1.5w), 5w	5w, 3 (8.5r, 1.5w), 5w	5w, 3 (9r, 1.5w), 5w
8	4	3/12/2022	5w, 3 (10r, 1w), 5w	5w, 13r, 2w, 12r, 5w	5w, 15r, 2w, 12r, 5w
9	3	3/19/2022	5w, 18r, 2w, 10r, 5w	5w, 20r, 2w, 10r, 5w	5w, 22r, 5w
10	2	3/26/2022	5w, 25r, 5w	5w, 28r, 5w	5w, 30r, 5w
11	1	4/2/2022	5w, 30r, 5w	5w, 25r, 5w	5w, 18r, 5w
	0	4/10/2022	<b>RACE DAY SUNDAY!</b>		

## How to read the workouts

The numbers refer to the number of minutes performing an exercise, and the “r” or “w” refers to running or walking, respectively. A number immediately preceding parentheses indicates the number of repetitions for the exercises listed inside the parentheses. For example, in the first week, runners will perform the following workout:

### **10w, 8 (1.5r, 1.5w), 5w**

The runner should interpret this program as follows:

Walk for 10 minutes to get warmed up

Run for 1.5 minutes, followed by a 1.5 minute walk; repeat this seven more times; total running time=12 min

Walk for 5 minutes to cool down

## Cross-training

It is important to spend one or two days during the week getting exercise other than running, such as swimming, cycling, or using an elliptical trainer or weights:

In weeks 1-3, cross-train once per week for 30 minutes.

In weeks 4-5, cross-train once per week for 45 minutes.

In weeks 6-10, cross-train twice per week – once for 30 minutes and once for 45 minutes.

In week 11, cross-train once.