

This ten-week program is designed to provide a template to build stamina and speed for a 5k. It is essential to incorporate the warm-ups which include appropriate mobility, conditioning and running drills as taught during Run Club at www.mayamovementarts.com. In addition, Run a 1-2' time trial once every four weeks so you can adjust your speed/tempo paces. Running these workouts at the pace that matches your current fitness level is the key to improving your fitness.

Questions? holly@hollypt.com

Speed Workouts	Tempo Workouts	Long Run
<p>Warm Up: 5-10' foam roll/mobility 5-10' active warm up 10' of drills</p> <p>*Speed pace is 20-30"/mile faster than 2 mile or 5k pace</p>	<p>Warm Up: 5-10' foam roll/mobility 5-10' active warm up 10' jog/walk/drill</p> <p>*Tempo pace is slightly faster than 2 mile or 5k pace</p>	<p>Warm Up: 5-10' foam roll/mobility 5-10' active warm up 10' jog/walk/drill</p> <p>*Include intervals at desired race pace</p>
<p>WK 1-2 10 x 30 strides (20") with 30-60" RI</p>	<p>WK 1-2 5 x 2' with 2' RI 1' mile easy</p>	<p>WK 1-2 30-45'</p>
<p>WK 3-4 5 x 30 strides with 30-60" RI 5 x 45 (30") strides w 1' RI</p>	<p>WK 3-4 4 x 3' with 2' RI 1' mile easy</p>	<p>WK 3-4 40-50'</p>
<p>WK 5-6 4 x 30 strides with 30-60" RI 4 x 45 (30") strides w 1' RI 4 x 60 strides (40") w 1' RI</p>	<p>WK 5-6 4 x 4' with 2' RI 1' mile easy</p>	<p>WK 5-6 50-60'</p>
<p>WK 7-8 5 x 45 strides 2-8 x 1/4 mile* add 1-2 1/4 miles each week for 3 weeks</p>	<p>WK 7-8 WK 7: 2 mile time trial WK 8: 6 x 4' with 2' RI</p>	<p>WK 7-8 5 x 45 strides 2-8 x 1/4 mile* add 1-2 1/4 miles each week for 3 weeks</p>
<p>WK 9-10 5 x 45 strides 8-10 x 1/4 mile* add 1-2 1/4 miles each week for 3 weeks</p>	<p>WK 9-10 5 x 5' with 2' RI 1' mile easy</p>	<p>WK 9-10 5 x 45 strides 8-10 x 1/4 mile* add 1-2 1/4 miles each week for 3 weeks</p>