

DES MOINES WOMEN'S 5K

6 WEEK TRAINING PLAN

WEEK	MON	TUES	WED	THRS	FRI	SAT	SUN
1	<i>Rest and be well</i>	.50 Run; Hip Strength	.75 Tempo Run; Sprint for 20 seconds every 5 min	1.0 Run; Hip/Stretch	<i>Focus on being amazing, and rest</i>	GROUP RUN--1.5	Conversation Pace for 40 min
2		1.0 Run; Hip Strength	1.5 Run; Tempo; Sprint for 20 seconds every 5 min	1.0 Run; Hip/Stretch		GROUP RUN--2.0	Conversation Pace for 45 min
3		1.0 Run; Hip Strength	1.5 Run; Tempo; Sprint for 20 seconds every 5 min	1.5 Run; Hip/Stretch		GROUP RUN--2.5	Conversation Pace for 50 min
4		1.5 Run; Hip Strength	1.75 Run; Tempo; Sprint for 20 seconds every 5 min.	1.5 Run; Hip/Stretch		GROUP RUN--3.0	Conversation Pace for 55 min
5		1.5 Run; Hip Strength	1.25 Run; Tempo; Sprint for 20 seconds every 5 min	2 Run; Hip/Stretch		GROUP RUN--2.5	Conversation Pace for 50 min
6		3 Mile Run!	1.00 Run; Tempo; Sprint for 20 seconds every 5 min	2 Run; Hip/Stretch		GROUP RUN--1.0	Race Day

IMPORTANT NOTES:

*Rest days make you stronger Don't ignore them. Your body needs to repair broken down muscle tissue!

*Tempo runs. You only get faster by running faster!

*Conversation pace. Really! You should be able to talk to yourself or your friend and still run. This is your "endurance pace".

*Group Runs. We will meet at a designated place early on Saturday mornings and I will run with you or bike beside you depending on numbers and paces.

*Hip Strength. Once I have an email list of participants I will send the link out to this. Hip adductor and abductor are 2 vital exercises!!