



DASH YOUR WAY TO A 5K

ADVANCED RUNNERS

SATURDAY, SEPTEMBER 26, 2015
 WWW.PBRC.EDU/DOCSDASH

Week 1	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 30 min Activity: Easy run Warm up walk, 5 min Run or walk for 15 min (easy pace) Cool-down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 30 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run for 2 min (fast pace) Walk for 1 min (recovery) Cool down, 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 40 min Activity: Long run Warm up walk, 5 min Run 3.0 miles (easy pace) Cool down, 5-10 min Stretch</p>	Week 5	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 50 min Activity: Easy run Warm up walk, 5 min Run, 35 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 40 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run, 5 min (fast pace) Recovery run, 2 min Cool down 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 65 min Activity: Long run Warm up walk, 5 min Run, 6.0 miles (easy pace) Cool down, 5-10 min Stretch</p>
Week 2	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 35 min Activity: Easy run Warm up walk, 5 min Run, 20 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 30 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run, 3 min (fast pace) Walk for 1 min (recovery) Cool down, 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 55 min Activity: Long run Warm up walk, 5 min Run, 4.0 miles (easy pace) Cool down, 5-10 min Stretch</p>	Week 6	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 55 min Activity: Easy run Warm up walk, 5 min Run, 40 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 45 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run, 6 min (fast pace) Recovery run, 2 min Cool down 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 55 min Activity: Long run Warm up walk, 5 min Run, 4.0 miles (easy pace) Cool down, 5-10 min Stretch</p>
Week 3	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 40 min Activity: Easy run Warm up walk, 5 min Run, 25 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 35 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run, 3 min (fast pace) Recovery run, 2 min Cool down 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 65 min Activity: Long run Warm up walk, 5 min Run, 4.0 miles (easy pace) Cool down, 5-10 min Stretch</p>	Week 7	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 60 min Activity: Easy run Warm up walk, 5 min Run, 45 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 50 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run, 7 min (fast pace) Recovery run, 2 min Cool down 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 40 min Activity: Long run Warm up walk, 5 min Run, 3.0 miles (easy pace) Cool down, 5-10 min Stretch</p>
Week 4	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 45 min Activity: Easy run Warm up walk, 5 min Run, 30 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Duration: 40 min Activity: Intervals Warm up walk, 5 min Repeat 4x: Run, 4 min (fast pace) Recovery run, 2 min Cool down 5-10 min Stretch</p>	<p>Day 4: _____ Duration: 75 min Activity: Long run Warm up walk, 5 min Run, 5.0 miles (easy pace) Cool down, 5-10 min Stretch</p>	Week 8	<p>Day 1: _____ Duration: 30 min Activity: Cross training</p>	<p>Day 2: _____ Duration: 45 min Activity: Easy run Warm up walk, 5 min Run, 30 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 3: _____ Activity: Recovery run Run, 10 min (easy pace) Cool down, 5-10 min Stretch</p>	<p>Day 4: _____ Saturday, Sept 26th Activity: RACE DAY! Run 3.1 miles!</p>