

# February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>  2 Miles Easy
<b>6</b>  1 Hour of Active Recovery	<b>7</b>  Cross Training Strength Training or Walk	<b>8</b>  2 Miles Easy Run	<b>9</b>  Walk or Play for 30 Minutes	<b>10</b>  3 Miles Easy	<b>11</b>  Cross Training 30 Minutes of Strength or Walking	<b>12</b>  2 Miles Total
<b>13</b>  1 Hour of Active Recovery	<b>14</b>  Cross Training Strength Training or Walk	<b>15</b>  2 Miles Easy Run	<b>16</b>  Walk or Play for 30 Minutes	<b>17</b>  3 Miles Easy	<b>18</b>  Cross Training 30 Minutes of Strength or Walking	<b>19</b>  3 Miles Total
<b>20</b>  1 Hour of Active Recovery	<b>21</b>  3 Miles Recovery RPE of 6	<b>22</b>  1 M wu, 1 M cd 4 x 200 w 200 rec. RPE of 8.5	<b>23</b>  Walk or Play for 30 Minutes	<b>24</b>  3 Miles Easy	<b>25</b>  Cross Training 30 Minutes of Strength or Walking	<b>26</b>  3 Miles Total
<b>27</b>  1 Hour of Active Recovery	<b>28</b>  3 Miles Recovery RPE of 6				<p><b>SPEED VARIATION ADDED</b> Speed at RPE means Rate or Percieved Exertion We are looking for the runner to work hard during the first part of the interval, where the distance is difficult and a bit uncomfortable.</p> <p>Follow that up with an easy matching distance where the runner can recover to feel good enough to repeat the fast interval again.</p>	

## 5K Training for Racing

# March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 1 M wu, 1 M cd 4 x 200 w 200 rec. RPE of 8.5	<b>2</b> Walk or Play for 45 Minutes	<b>3</b> 3 Miles Easy	<b>4</b> Cross Training 30 Minutes of Strength or Walking	<b>5</b> 4 Miles Total
<b>6</b> 1 Hour of Active Recovery	<b>7</b> 3 Miles Recovery RPE of 6	<b>8</b> 2 Miles Easy Run	<b>9</b> Walk or Play for 45 Minutes	<b>10</b> 3 Miles Easy	<b>11</b> Cross Training 30 Minutes of Strength or Walking	<b>12</b> 4 Miles Total
<b>13</b> 1 Hour of Active Recovery	<b>14</b> 3 Miles Recovery RPE of 6	<b>15</b> 2 Miles Easy Run	<b>16</b> Walk or Play for 45 Minutes	<b>17</b> 4 Miles Easy	<b>18</b> Cross Training 30 Minutes of Strength or Walking	<b>19</b> 5 Miles Total
<b>20</b> 1 Hour of Active Recovery	<b>21</b> 3 Miles Recovery RPE of 6	<b>22</b> 1 M wu, 1 M cd 4 x 200 w 200 rec. RPE of 8.5	<b>23</b> Walk or Play for 45 Minutes	<b>24</b> 4 Miles Easy	<b>25</b> Cross Training 30 Minutes of Strength or Walking	<b>26</b> 4 Miles Total
<b>27</b> 1 Hour of Active Recovery	<b>28</b> 4 Miles Recovery RPE of 6	<b>29</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 2 x 200 w 200 rec. RPE of 9	<b>30</b> Walk or Play for 45 Minutes	<b>31</b> 4 Miles Easy		LILLIE Training & Inspiration

## 5K Training for Racing

# April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Cross Training 30 Minutes of Strength or Walking	<b>2</b> 5 Miles Total
<b>3</b> 1 Hour of Active Recovery	<b>4</b> 4 Miles Recovery RPE of 6	<b>5</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 3 x 200 w 200 rec. RPE of 9	<b>6</b> 3 Miles Easy	<b>7</b> 1 M wu, 1 M cd 1 Mile at Tempo RPE of 8	<b>8</b> Cross Training 30 Minutes of Strength or Walking	<b>9</b> 6 Miles Total
<b>10</b> 1 Hour of Active Recovery	<b>11</b> 4 Miles Recovery RPE of 6	<b>12</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 4 x 200 w 200 rec. RPE of 9	<b>13</b> 4 Miles Easy	<b>14</b> 1 M wu, 1 M cd 2 Mile at Tempo RPE of 8	<b>15</b> Cross Training 30 Minutes of Strength or Walking	<b>16</b> 7 Miles Total
<b>17</b> 1 Hour of Active Recovery	<b>18</b> 4 Miles Recovery RPE of 6	<b>19</b> 1 M wu, 1 M cd 4 x 400 w 400 rec. 6 x 200 w 200 rec. RPE of 9	<b>20</b> 4 Miles Easy	<b>21</b> 1 M wu, 1 M cd 2.5 Mile at Tempo RPE of 8	<b>22</b> Cross Training 30 Minutes of Strength or Walking	<b>23</b> 7 Miles Total
<b>24</b> 1 Hour of Active Recovery	<b>25</b> 4 Miles Recovery RPE of 6	<b>26</b> 1 M wu, 1 M cd 3 x 400 w 400 rec. 8 x 200 w 200 rec. RPE of 9	<b>27</b> 3 Miles Easy	<b>28</b> 1 M wu, 1 M cd 2.5 Mile at Tempo RPE of 8	<b>29</b> Cross Training 30 Minutes of Strength or Walking	<b>30</b>  5 Miles Total

## 5K Training for Racing

# May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Hour of Active Recovery	2 3 Miles Recovery RPE of 6	3 1 M wu, 1 M cd 6 x 200 w 200 rec. RPE of 9	4 1 M wu, 1 M cd 2.5 Mile at Tempo RPE of 8	5 Cross Training 30 Minutes of Strength or Walking	6 Cross Training 30 Minutes of Strength or Walking	7 2 Miles Easy or 20 Minute Walk
8 Race	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## 5K Training for Racing