



EIGHT WEEK TULSA FEDERAL CREDIT UNION TULSA RUN

# 5K TRAINING PROGRAM

BEGINNER • INTERMEDIATE • ADVANCED





## Beginner 5K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	September 3 1/2 mile run	September 4 cross train	September 5 1 mile run	September 6 cross train	September 7 rest	September 8 1 mile run	September 9 30 min walk
2	September 10 1 mile run	September 11 rest	September 12 1.5 mile run	September 13 cross train	September 14 rest	September 15 1.5 mile run	September 16 30 min walk
3	September 17 1 mile run	September 18 cross train	September 19 1.5 mile run	September 20 cross train	September 21 rest	September 22 2 mile run	September 23 45 min walk
4	September 24 1.5 mile run	September 25 cross train	September 26 1.5 mile run	September 27 cross train	September 28 rest	September 29 2.5 mile run	September 30 45 min walk
5	October 1 2 mile run	October 2 rest or cross train	October 3 2 mile run	October 4 cross train	October 5 rest	October 6 2.5 mile run	October 7 60 min walk
6	October 8 2 mile run	October 9 cross train	October 10 2 mile run	October 11 cross train	October 12 rest	October 13 3 mile run	October 14 60 min walk
7	October 15 1.5 mile run	October 16 cross train	October 17 2 mile run	October 18 cross train	October 19 rest	October 20 2 mile run	October 21 45 min walk
8	October 22 2.5 mile run	October 23 cross train	October 24 1.5 mile run	October 25 rest	October 26 rest	October 27 Tulsa Run 5K	



### Preparing Properly: The Importance of Quality Cross Training

Cross training can not only improve your performance, but reduce the risk of injury and add variety to a running routine that can otherwise become stale.

#### • Cycling and Spinning

Because cycling primarily works the quads, shins, and buttocks, differently than running, it helps prevent muscle imbalances.

#### • Swimming

Swimming gives the legs a break, and serves as a type of recovery from high-impact running workouts. While it is lower-impact, pool workouts help build valuable oxygen capacity.

#### • Yoga

Yoga improves our flexibility and loosens our joints -- making them less susceptible to injury. Furthermore, yoga improves concentration as well as overall strength.

#### • Strength Training

Intelligent and consistent strength training, whether done with weights or bodyweight lunges, push-ups, or squats, can dramatically improve a runner's performance and resistance to injury.



## Intermediate 5K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	September 3 2 mile run	September 4 cross train	September 5 20 min. tempo	September 6 rest	September 7 cross train	September 8 2 mile run	September 9 rest
2	September 10 3 mile run	September 11 cross train	September 12 20 min. tempo	September 13 rest	September 14 cross train	September 15 1.5 mile run	September 16 rest
3	September 17 3 mile run	September 18 cross train	September 19 30 min. tempo	September 20 rest	September 21 cross train	September 22 2 mile run	September 23 rest
4	September 24 3 mile run	September 25 cross train	September 26 2 mile run	September 27 rest	September 28 cross train	September 29 3 mile run	September 30 rest
5	October 1 3 mile run	October 2 rest or cross train	October 3 30 min. tempo	October 4 rest	October 5 cross train	October 6 4 mile run	October 7 rest
6	October 8 3 mile run	October 9 cross train	October 10 6x600 tempo	October 11 3 mile run	October 12 rest	October 13 5 mile run	October 14 rest
7	October 15 3 mile run	October 16 cross train	October 17 30 min. tempo	October 18 3 mile run	October 19 rest	October 20 6 mile run	October 21 rest
8	October 22 3 mile run	October 23 cross train	October 24 2 mile run	October 25 rest	October 26 rest	October 27 Tulsa Run 5K	



### Becoming Efficient: Don't Be Guilty of Intensity Blindness

Research shows that elite endurance athletes in various disciplines perform 80 percent of their training at low intensity and the remaining 20 percent at moderate and high intensities. This universal pattern is the result of generations of trial and error conducted at the highest levels of endurance sports around the globe. Virtually every way of balancing training intensities has been tried, but only the 80/20 balance has survived, simply because it is the most effective.

- **Find Your Zones**

The first step in becoming the most efficient runner you can be is finding your heart rate zones, also known as "intensity zones":  
[mattfitzgerald.org/8020-zone-calculator](http://mattfitzgerald.org/8020-zone-calculator)

- **Monitor and Control Your Intensity**

If you're like many runners, you may intend to do most of your running at low intensity, but when you hit the trail, you unintentionally push too hard. Fixing this problem requires that you consistently monitor your intensity throughout every run and stay in your targeted zones.

This discipline can be surprisingly difficult at first, but if you follow through with your plan to slow down, your efficiency and performance will be highly rewarded:

[mattfitzgerald.org/intensity-guidelines-for-running](http://mattfitzgerald.org/intensity-guidelines-for-running)



## Advanced 5K Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	September 3 3 mile run	September 4 cross train	September 5 30 min. tempo	September 6 rest	September 7 cross train	September 8 4 mile run	September 9 rest
2	September 10 3 mile run	September 11 cross train	September 12 4x800 tempo	September 13 rest	September 14 cross train	September 15 4 mile run	September 16 rest
3	September 17 3 mile run	September 18 cross train	September 19 4x800tempo	September 20 rest	September 21 cross train	September 22 5 mile run	September 23 rest
4	September 24 3 mile run	September 25 cross train	September 26 6x600 tempo	September 27 rest	September 28 6x600 tempo	September 29 5K race or 5 mile run	September 30 rest
5	October 1 3 mile run	October 2 rest	October 3 8x400 tempo	October 4 4 mile run	October 5 cross train	October 6 6 mile run	October 7 rest
6	October 8 3 mile run	October 9 cross train	October 10 8x400 tempo	October 11 3 mile run	October 12 60 min run	October 13 5K race or 7 mile run	October 14 rest
7	October 15 3 mile run	October 16 cross train	October 17 45 min. tempo	October 18 rest	October 19 60 min run	October 20 6 mile run	October 21 rest
8	October 22 3 mile run	October 23 30 min tempo	October 24 1 mile run	October 25 rest	October 26 rest	October 27 Tulsa Run 5K	



### Place a Goal In Front of a Goal: Building Race Experience Into Your Plan

Consider scheduling one or two races on your path to the ultimate goal of your training program. Doing so will not only give you valuable race experience and confidence, but break up any monotony of the program, giving you further motivation and measurements of your progress.

#### • Race Experience: Divide and Conquer

Running competitively in a local road race will give you insight regarding your response to specific nutrition, rest, course elevation, and your ability to produce negative splits and finish strong.

#### • Races In Oklahoma to Consider

The races below fall conveniently into the calendar of the 5K training program:

#### September 29

Falcon 5K & Fun Run (5K), Yukon  
Susan G. Komen Race For The Cure (5K), Tulsa

#### October 13

Eskimo Joe's Juke Joint Jog (5K), Stillwater  
Hance Henrie Memorial Run For The Patch (5K), Owasso