



Welcome to your 5k Training Plan!

Here at Aspire Sports Lab, we create minimalist training plans for maximal results. By completing short, intense interval workouts, you will achieve results comparable to or better than traditional LSD (long slow distance) training programs. These workouts will not only ensure you are time efficient with your training, but emphasize technique, anaerobic and aerobic endurance, and injury prevention.

How to complete your training plan:

1. Insert the date of your race week in your "Race Timeline." This is located in the Program Outline.
2. Back track from there until the beginning of your "Race Timeline." This will allow you to stay on track during your training program.
3. Your workouts are broken up into phases . Your workouts for each phase can be found in the correlating Phase sheet.
4. Your workouts will be one of 3 types: Short Interval, Long Interval, or Time Trial. Short Intervals consist of fast running for less than a half mile or 5 minutes. Long Intervals consist of fast running for greater than half a mile or 5 minutes. These "on" or "fast" intervals should be completed as fast as you can for the given time or distance. During the "off" or "rest" intervals, run, jog, or walk at a moderate pace to recover. Time Trials are designed to test your training and add volume. You should complete these workouts as quickly as possible for the given distance. This is a good time to practice pacing and nutrition for race day.
5. Interval workouts will be either distance or time based. If workout cannot be completed properly due to location, lack of a watch, or must be completed indoors, please refer to the Interval Conversion sheet.
6. Track your runs! Either using a stopwatch, GPS Watch, or phone app, log your times on these workouts so progress can be measured.
7. Warm ups and post workout mobility exercises are provided each day for your workouts. These are highly encouraged to be completed to help with your form and aide in injury prevention.
8. Three running workouts are provided each week. The goal is to complete all 3. But, if life gets in the way, injury occurs, or a rest day is needed, follow the plan as best as possible.
9. Sometimes rest days are needed. If your body is under extreme fatigue, skip a workout. You will also need to learn the difference between laziness and needing a break. Learn to listen to your body.
10. Take one day off between runs. Do not run on consecutive days.
11. All drills and mobility exercises can be found on AspireSportsLab.com under the "WOD" tab. You can also find resources of exercises and definitions here as well.
12. Please read the Waiver and Disclaimer before beginning any exercise program.



ASPIRE SPORTS LAB WAIVER AND DISCLAIMER RELEASE OF LIABILITY

Aspire Sports Lab strives for you to not only finish any race of your desire, but finish happily and healthfully. Unfortunately, participating in an athletic event (running races, triathlons, obstacle course races, etc.) has inherent risks involved and could potentially be considered a hazardous activity. There are numerous risks involved with training for and participating in these events, including, but not limited to, chronic injury, acute injury, and even death. Aspire Sports Lab is not responsible for any of the occurrences while training for or participating in any athletic events. You must have medical clearance from your doctor before you engage in any exercise program and are properly trained before participating in these types of events.

How can you give yourself the best ability to combat any of these injuries or risks?

- Listen to your body. If you need a day off because of fatigue or injury, take a rest day.
- Take every injury, odd feeling, tight muscle, etc. seriously. This could be the start of a bigger problem. Immediately go see a proper medical professional for anything that may arise while training.
- Do not neglect your technique and mobility exercises. Poor technique while training or racing are the corner stones to both acute and chronic injury. Ensure proper technique while training and practice your daily mobility exercises. This will promote not only better performance, but reduce the risk of injury.
- Make sure your race goal is achievable and smart. If you have never run a marathon, an ultra marathon might not be for you. It is always better to start with smaller races and build your way up to longer distances. This will promote a longer and more enjoyable athletic career.
- Eat and drink properly. Ensure you are maintaining proper nutrition and hydration while training and racing. This means eating the proper number of calories for your goals, macro and micronutrient content, water, and electrolytes.

Program Outline: 5k

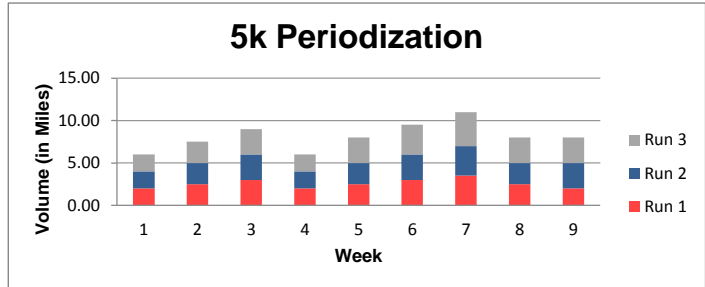
Timeline

| | | | | | | | | | | |
|-------|---------|--|--|--|---------|--|--|--|-------|-------|
| Dates | | | | | | | | | | |
| Phase | Phase 1 | | | | Phase 2 | | | | Taper | Taper |

Race Week

Volumes

| Phase | Week | Run 1 | Run 2 | Run 3 | Run Total (mi) |
|-------|------|-------|-------|-------|----------------|
| 1 | 1 | 2.00 | 2.00 | 2 | 6.0 |
| | 2 | 2.50 | 2.50 | 2.5 | 7.5 |
| | 3 | 3.00 | 3.00 | 3 | 9.0 |
| | 4 | 2.00 | 2.00 | 2 | 6.0 |
| 2 | 5 | 2.50 | 2.50 | 3 | 8.0 |
| | 6 | 3.00 | 3.00 | 3.5 | 9.5 |
| | 7 | 3.50 | 3.50 | 4 | 11.0 |
| | 8 | 2.50 | 2.50 | 3 | 8.0 |
| Taper | 9 | 2.00 | 3.00 | 3 | 8.0 |



Key

| | | | |
|----|----------------|----|---------------|
| SI | Short Interval | LI | Long Interval |
| TT | Time Trial | R | Recovery |
| RC | Race | | |

Phase 1

| Week | | Run 1 | Run 2 | Run 3 |
|------|----------|--|--|----------------------------|
| 1 | Warm up | 5 minutes - Wall Drill | 5 minutes - Hops w Forward Lean | Slow Jog for 5 minutes |
| | Workout | 8x400 m Run 1:30 Rest Between Rounds | Run 5 minutes fast/2 minutes easy for 2 miles | 2 mile Time Trial |
| | Mobility | "Unglue Your Sticks" | "Quad Mobility" | "Plantar Fascia" |
| 2 | Warm up | 100 Jump Rope | 5 minutes - Hops w Forward Lean | Slow Jog for 7 minutes |
| | Workout | 5x800 m Run 2:00 Rest Between Rounds | Run 1 minute fast/1 minute easy for 2.5 miles | 2.5 mile Time Trial |
| | Mobility | "Hamstring Stiffness" | "Tight Calfs" | "Quad Mobility" |
| 3 | Warm up | 5 minutes - Wall Drill | 150 Jump Ropes | Slow jog for 10 minutes |
| | Workout | 12x400 m Run 1:30 Rest Between Rounds | Run 5 minutes fast/1 minute easy for 3 miles | 3 mile Time Trial |
| | Mobility | "IT Band" | "Unglue Your Sticks" | "Quad Mobility" |
| 4 | Warm up | Slow jog for 5 minutes | 5 minutes - Hops w Forward Lean | 5 minutes - Alt Foot Pulls |
| | Workout | 2x1 mile Run 5:00 Rest Between Rounds | Run 2 minutes fast/1 minute easy for 2 miles | 2 mile Time Trial |
| | Mobility | "Plantar Fascia" | "Hamstring Stiffness" | "Tight Calfs" |

Phase 2

| Week | | Run 1 | Run 2 | Run 3 |
|------|----------|--|--|----------------------------|
| 5 | Warm up | 5 minutes - Wall Drill | 5 minutes - Hops w Forward Lean | Slow Jog for 5 minutes |
| | Workout | Run 3 minutes fast/1 minute easy for 2.5 miles | 5x800 m Run 2:00 Rest Between Rounds | 3 mile Time Trial |
| | Mobility | "Unglue Your Sticks" | "Quad Mobility" | "Plantar Fascia" |
| 6 | Warm up | 100 Jump Rope | 5 minutes - Hops w Forward Lean | Slow Jog for 7 minutes |
| | Workout | Run 6 minutes fast/2 minutes easy for 3 miles | 12x400 m Run 1:30 Rest Between Rounds | 3.5 mile Time Trial |
| | Mobility | "Hamstring Stiffness" | "Tight Calfs" | "Quad Mobility" |
| 7 | Warm up | 5 minutes - Wall Drill | 150 Jump Ropes | Slow jog for 10 minutes |
| | Workout | Run 4 minutes fast/1 minute easy for 3.5 miles | 7x800 m Run 2:00 Rest Between Rounds | 4 mile Time Trial |
| | Mobility | "IT Band" | "Unglue Your Sticks" | "Quad Mobility" |
| 8 | Warm up | Slow jog for 5 minutes | 5 minutes - Hops w Forward Lean | 5 minutes - Alt Foot Pulls |
| | Workout | Run 7 minutes fast/2 minutes easy for 2.5 miles | 20x200 m Run 1:00 Rest Between Rounds | 3 mile Time Trial |
| | Mobility | "Plantar Fascia" | "Hamstring Stiffness" | "Tight Calfs" |
| 9 | Warm up | 200 Jump Ropes | 5 minutes - Wall Drill | |
| | Workout | Run 1 minute fast/3 minutes easy for 2 miles | 2-3 miles easy Recovery | Race Day! |
| | Mobility | "Quad Mobility" | "IT Band" | |



Aspire workouts can be completed anywhere! Use these conversions to enable you to complete each workout anywhere you would like! Also remember that distance workouts (such as 400 m) do not have to be completed on a track. A neighborhood block or street is a great place to do these workouts.

Can't measure the distance? Estimate the distance by completing the given distance to your goal race pace. Estimate to the nearest pace.

Example: If you are required to run 400 m and your goal pace is 9:00/mi, run for 2:15.

Distance Converter

| Meters | Miles |
|--------|--------|
| 200 m | 1/8 mi |
| 400 m | 1/4 mi |
| 800 m | 1/2 mi |
| 1600 m | 1 mi |

| Pace/mi | 1/8 mi | 1/4 mi | 1/2 mi |
|--------------|--------|--------|--------|
| 12:00 | 1:30 | 3:00 | 6:00 |
| 11:00 | 1:25 | 2:45 | 5:30 |
| 10:00 | 1:15 | 2:30 | 5:00 |
| 9:00 | 1:10 | 2:15 | 4:30 |
| 8:00 | 1:00 | 2:00 | 4:00 |
| 7:00 | :55 | 1:45 | 3:30 |
| 6:00 | :45 | 1:30 | 3:00 |
| 5:00 | :40 | 1:15 | 2:30 |
| 4:00 | :30 | 1:00 | 2:00 |