

# Dick Batchelor Run for the Children

## 5K ADVANCED\* RUNNING PROGRAM

\*You should be able to do 20 miles a week before beginning the advanced program.

### Week of August 16th

- 3 days, 25-35 minutes of easy running

### Week of August 23rd

- 3 days, 25-35 min. easy running
- 1 day, 42 min. long run

### Week of August 30th

- 2 days, 25-35 min. easy running
- 1 day, 42 min. long run
- 1 day of interval training: 8 min. warm up (easy running), 2 min. hard, 3 min. easy—repeat cycle 5 times, 8 min. cool-down (easy running)

### Week of September 6th

- 2 days, 25-35 min. easy running
- 1 day, 44 min. long run
- 1 day of tempo training: 10 min. easy/10 min. harder than normal/10 min. easy

### Week of September 13th

- 2 days, 30-40 min. easy running
- 1 day, 48 min. long run
- 1 day of interval training: 8 x 400 meters on the track at estimated 5K race pace (2 min. rest between intervals). If running on the road or treadmill, 8 x 1:30 surges with 2 min. rest between intervals
- 1 day of tempo training: 10 min. easy/15 min. @ tempo pace/10 min. easy

### Week of September 20th

- 2 days, 30-40 min. easy running
- 1 day, 50 min. long run
- 1 day of tempo training: 10 min. easy/20 min. tempo pace, 10 min. easy
- 1 day of interval training: 3 x 1 mile on the track at 5K race pace with 3 min. rest between intervals. If done on road or treadmill, 3 x 7 min. surges with 3 min. rest between intervals.

The Miracle Miles would be a great way to train this week!  
Saturday, September 26th

### Week of September 27th

- 2 days, 30-40 min. easy running
- 1 day, 52 min. long run
- 1 day 6 x 800 meters on the track at just faster than 5K race pace. Take 2:30 rest between intervals.

### Week of October 4th

- 2 days, 30-40 min. easy running
- 1 day, 52 min. long run
- 1 day of interval training: Pyramid workout: 2 x 400 meters, 1 x 800, 1 x 1600, 1 x 800, 2 x 400. Take 3 min. rest between all intervals. Pace should be 5K race pace.
- 1 day of tempo training: same as week #6

### Week of October 11th

- 3 days 30-40 min. easy running
- NO LONG RUN!
- 1 day of interval training: 8 x 200 meters on the track (or 40 sec. on treadmill), 60 seconds rest between intervals

### Week of October 18th

- 2 day, 30-40 min. easy run
- 1 day (early in week) 6 x 400 meters hard with 3 min. rest between intervals.
- Day prior to race: 15 min. easy jog, stretch, hydrate & eat well.

## October 24th Dick Batchelor Run for the Children!

*Always remember to warm up, cool down, and stretch.*  
**GOOD LUCK!**



Wellness Center