



www.OutRivalRacing.com

10 week - BEGINNER 5km RUN PLAN

OSWEGO Triathlon – 5km Fun Run

This plan is 10 weeks long and will prepare you to complete your first 5km Fun Run. It is written using Heart Rate Training Zones. You can use the RPE chart listed, or you will have the opportunity to set Heart Rate Zones after doing testing the first two weeks and using our calculators to construct your zones.

Minimum training requirements suggested for this plan:

It is recommended that you should be able to comfortably walk for a total of 45 minutes prior to commencing this plan. Keep in mind this is a beginners plan that is designed to get you completing your first 5km event

Estimates for this plan:

Weekly total volumes start at: Approximately 30 minutes of running

Weekly total volumes peak at: Approximately 2hrs and 20 minutes of running

Think this plan may not be the right plan for you, then check out our other run plan options at www.therunformula.com We have running plans for all distances and abilities!

A Few Notes about the plan:

- Run workouts are mostly written in duration. All workouts can be adjusted by simply reducing or increasing the length of the workout. If the starting volume is too high, then start the run program at a reduced volume and slowly increase the volume each week. Increasing by 10% each week is a good rule of thumb to use.
- Where possible, try and keep your training as scheduled on the plan. If you do need to make adjustments, try and not "stack" your workouts so that you have multiple hard days in a row. The key is allowing your body to recover from the hard sessions by incorporating easier days in-between. Make an effort to have a rest or recovery day one day per week. If you need to take an additional day off each week - skip the workouts listed as recovery.
- We encourage you to keep a weekly chart of your body weight. If you are interested in working with one of our Registered Dietitians, check out our nutrition services at: <http://www.outrivalracing.com/nutrition/>
- Here is a guide to some of the common terminology referred to in the plan. **Examples:** - **RI** (Rest Interval) - Amount of Rest between each set, **30"** (30 seconds), **2'** (2'), **ZR-4** (Zone Recovery - 4 - see charts below).

Here is how you read the workout: Example:

25' Aerobic - Z1

4' walk steady pace

1' run for total of 25'

This refers to – total workout 25 minutes – Aerobic Z1 pace (see below for pacing information). The breakdown of the workout is 4 minutes of walking and 1 minute of running – total 25 minutes. In this example you would end up running a total of 5 minutes for the workout.

Good Luck!

THE FOLLOWING RPE (Rate of Perceived Exertion) CHART CAN BE USED IF AND UNTIL HEARTRATE ZONE TESTING IS DONE. (CLICK [HERE](#) FOR CALCULATOR)

Use the following as your RPE (Rate of Perceived Exertion) Zones:

ZR [RPE 3]: very easy recovery

Z1 [RPE 6]: Aerobic, 60-70% by feel, no labored breathing

Z2 [RPE 7]: Tempo, 70-80% by feel, moderate breathing

Z3 [RPE 8]: Tempo, Sub Threshold, 80-90% by feel, heavy breathing

Z4 [RPE 9/10]: Best Sustainable Effort or All Out Anaerobic Efforts

Run Heart Rate Zone calculators can be found [HERE](#)

| WEEK ONE - BUILD WEEK | | | | | | |
|--|----------------|---|--|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 25' Aerobic - Z1 3' walk steady pace 2' run for total of 25' Keep HR in Z1 for run segment | Day Off | 30' Aerobic - Z1 3' walk steady pace 2' run for total of 30' Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 25' Aerobic - Z1 2' walk steady pace 3' run for total of 25' Keep HR in Z1 for run segment | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 35' Aerobic - Z1 15' walk 20' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |
| WEEK TWO - BUILD WEEK | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 25' Aerobic - Z1 1' walk steady pace 4' run for total of 25' Keep HR in Z1 for run segment | Day Off | 30' Aerobic - Z1 1' walk steady pace 4' run for total of 30' Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 30' Aerobic - Z1 Run 10' Walk 5' Run 5' Keep HR in Z1 for run segment | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 40' Aerobic - Z1 15' walk 25' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |
| WEEK THREE - RECOVERY WEEK | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 20' Aerobic - Z1 1' walk steady pace 4' run for total of 20' Keep HR in Z1 for run segment | Day Off | 25' Aerobic - Z1 2' walk steady pace 3' run for total of 25' Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 15' Stretch/Foam Roll/Core Exercises | Day Off | 30' Aerobic - Z1 15' walk 15' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |
| WEEK FOUR - BUILD WEEK | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 35' Aerobic - Z1 1' walk steady pace 6' run for total of 35' Keep HR in Z1 for run segment | Day Off | 35' Aerobic - Z1 1' walk steady pace 6' run for total of 35' Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 34' Aerobic - Z1 30" walk steady pace 8' run for total of 34' Keep HR in Z1 for run segment | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 15' walk 25' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |

WEEK FIVE - BUILD WEEK

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------|---|---|---|--|---|
| 33' Aerobic - Z1 1' walk steady pace 10' run for total of 33' Keep HR in Z1 for first 7' of run segment – build to Z2 for remainder. | Day Off | 33' Aerobic - Z1 30" walk steady pace 10' run for total of 33' Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 35' Aerobic - Z1 30" walk steady pace 1mile run Keep HR in Z1 for run segment | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 45' Aerobic – Z1 15' walk 30' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |

WEEK SIX - BUILD WEEK

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------|---|---|--|--|---|
| 35' Aerobic - Z1 2 x 1 mile run with 1' walk between each Keep HR in Z1 for first run segment. Build to Z2 by the end of the second mile. | Day Off | 35' Aerobic - Z1 2 x 1.25 mile run with 30" walk between each Keep HR in Z1 for run segment. Keep HR in Z1 for first mile of run segment. Final .25mile of each build to high Z2. 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 40' Aerobic - Z1 3 x 1 mile run with 1' walk between each Keep HR in Z1 for run segment | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 50' Aerobic – Z1 15' walk 35' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |

WEEK SEVEN - RECOVERY WEEK

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------|--|---|---|----------|--|
| 35' Aerobic - Z1 2 x 1.5 mile run with 1' walk between each Keep HR in Z1 for run segment | Day Off | 35' Aerobic - Z1 2 x 1 mile run with 30" walk between each Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 40' Aerobic - Z1 2 x 1.5 mile run with 30" walk between each Keep HR in Z1 for run segment | Day Off | 35' Aerobic – Z1 15' walk 20' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session 15' Stretch/Foam Roll/Core Exercises |

WEEK EIGHT - PEAK WEEK

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------|---|---|--|--|---|
| 30' Aerobic - Z1 5' walk 20' run 5' walk Keep HR in Z1 for first 15' run segment – build to low Z3 for final 5' | Day Off | 45' Aerobic - Z1 3 x 15' run with 30" walk between each Keep HR in Z1 for run segment 15' Stretch/Foam Roll/Core Exercises | Cross Train - Bike Ride, Walk, Swim, Strength | 50' Aerobic - Z1 3 x 1.25 mile run with 30" walk between each Keep HR in Z1 for first two run segments. Build to Z2 for final run | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 55' Aerobic – Z1 15' walk 40' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |

WEEK NINE - MAINTENANCE/TAPER WEEK

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------|--|----------|---|---|---|
| 25' Aerobic - Z1 5' walk 15' run 5' walk Keep HR in Z1 for first 10' run segment – build to low Z3 for final 5' | Day Off | 35' Aerobic - Z1 3 x 10'run with 30" walk between each Keep HR in Z1 for first two run segments – Z2 for final run segment 15' Stretch/Foam Roll/Core Exercises | | 40' Aerobic - Z1 2 x 1.5 mile run with 30" walk between each Keep HR in Z1 for run segment | Cross Train - Bike Ride, Walk, Swim, Strength 15' Stretch/Foam Roll/Core Exercises | 35' Aerobic – Z1 15' walk 20' Aerobic - Z1 Run as long as possible while maintaining HR in Zone 1 - walk remainder of session |

WEEK TEN - RACE WEEK

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|----------------|--|-------------------|----------------------------|
| 35' Aerobic - Z1 2 x 1 mile run with 30" walk between each Allow HR to go into Z2 for the run segment | 15' Stretch/Foam Roll/Core Exercises | 30' Aerobic - Z1 5' walk 20' run 5' walk Keep HR in Z1 for run segment | Day Off | 20' Aerobic - Z1 5' walk 10' Aerobic - Z1 build to Z2 5' walk 15' Stretch/Foam Roll/Core Exercises | RACE DAY!! | Enjoy and Celebrate |

RACE DAY

Pre-Race and Race: Warm-up prior to race with 5' walking and 5' easy running followed by 5' walking. At the start of the race – aim to not go out too fast. Focus on keeping in control. You should aim to be in a high HR Z1 – low Z2 for the first half mile. After that, go by perceived exertion racing as hard as you can without blowing up before the end! If possible – aim to do the second half of the race faster than the first half. If you need to take walk breaks during the race, try and set time limits; e.g.: 30" walk, 5' run.

Wishing you a great race.

From the team at ***OutRival Racing*** and ***The Run Formula***

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