

2017  
 Mariemont / Tri-State Running Company 5K  
 Hyde Park Blast  
 Training Program  
**Mariemont**

**Training:**  
 Tuesday 6:30 PM  
 Saturday 8:00 AM

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	8-May						4	3
2	15-May	Rest	4 x 800 85% Max Effort	3	3	Rest	5	3
3	22-May	Rest	5 x Hill Repeats 85% Max Effort	3	3	Rest	6	3
4	29-May	Rest	5 Minute Warm-Up 20 Minute Tempo 5 Minute Cool Down	3	4	Rest	6	3
5	5-Jun	Rest	6 x Hill Repeats 85% Max Effort	3	4	Rest	7	3
6	12-Jun	Rest	5 Minute Warm-Up 25 Minute Tempo 5 Minute Cool Down	3	5	Rest	8	3
7	19-Jun	Rest	4 x 800 85% Max Effort	3	5	Rest	<b>HP Blast</b>	3
8	26-Jun	Rest	6 x 400 85% Max Effort	3	3	Rest	5	rest
9	3-Jul	Rest or optional 2 to 3 mile run	<b>Edgewood 5K</b>					

**Tempo Runs:** Start run with a 5 minute warm-up... easy running... After 5 minute warm-up proceed to 10K race pace.  
 This should be 30 seconds slower than race pace. Allow 5 minute cool down.  
 Tempo runs are very useful for developing anaerobic threshold, essential for fast 5-K racing.

