

2016  
 Edgewood / Tri-State Running Company 5K  
 Hyde Park Blast  
 Training Program  
**Edgewood**

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

Week	Week Starting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2-May						4	3
2	9-May	Rest	3	5 x 400 85% Max Effort	3	Rest	5	3
3	16-May	Rest	3	5 x Hill Repeats 85% Max Effort	3	Rest	6	3
4	23-May	Rest	3	5 Minute Warm-Up 20 Minute Tempo 5 Minute Cool Down	4	Rest	6	3
5	30-May	Rest	3	6 x Hill Repeats 85% Max Effort	4	Rest	7	3
6	6-Jun	Rest	3	6 x 400 mile 85% Max Effort	5	Rest	7	3
7	13-Jun	Rest	3	5 Minute Warm-Up 25 Minute Tempo 5 Minute Cool Down	5	Rest	8	3
8	20-Jun	Rest	3	4 x 400 85% Max Effort	3	Rest	HP Blast	rest
9	27-Jun	3	3	4	3	Rest	4	rest
10	4-Jul	Edgewood 5K						

**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.