

2016
Edgewood / 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	2-May						4	3
2	9-May	Rest	5 x 400 85% Max Effort	3	3	Rest	5	3
3	16-May	Rest	5 x Hill Repeats 85% Max Effort	3	3	Rest	6	3
4	23-May	Rest	5 Minute Warm-Up 20 Minute Tempo 5 Minute Cool Down	3	4	Rest	6	3
5	30-May	Rest	6 x Hill Repeats 85% Max Effort	3	4	Rest	7	3
6	6-Jun	Rest	7 x 400 mile 85% Max Effort	3	5	Rest	7	3
7	13-Jun	Rest	5 Minute Warm-Up 25 Minute Tempo 5 Minute Cool Down	3	5	Rest	8	3
8	20-Jun	Rest	4 x 400 85% Max Effort	3	3	Rest	HP Blast	Rest
9	27-Jun	3	4	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.