

5km speed program

OCTOBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
11	12	13	14 OPENING NIGHT! Easy 4KM	15	16	17 Time Trial 5KM
18	19 Shake Out 4KMeasy	20	21 Hill Repeats 1KM warm up 3x hill sprint 1KM warm down	22	23	24 5KMLong Run
25	26 Tempo Run 1KM warm up 3KM tempo	27	28 Sprints 800M warm up 2x 800M 2x 400M 4x 200M	29	30	31 6KM Long Run Spooky Run

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Watchless 5KM by feel	3	4 Hills 1KM warm up 4x Hill Run 1KM warm down	5	6	7 5KM Long Run
8	9 Race Pace 4KM @mostly RP	10	11 6KM Build 2KM EZ 2KM MED 1KM HARD 1KM EZ	12	13	14 5KM Long Run
15	16 Steady 5KM Steady	17	18 Hills 1KM warm up 4x Hill Run 1KM warm down	19	20	21 7KM Long Run
22	23 Hills 1KM warm up 4x Hill Run 1KM warm down	24	25 Sprints 800M warm up 2x 800M 2x 400M 4x 200M	26	27	28 6KM Long Run
29	30 Tempo Run 1KM warm up 3KM tempo	1	2	3	4	5

DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 Intervals 1KM warm up 1H-1E, 2H-2E x 3 1KM warm down	3	4	5 7KM Long Run
6	7 Race Pace 4KM	8	9 Easy Run 5KM	10	11	12 5KM Long Run
13	14 Easy Run 4KM	15	16 Shake Out 3KM easy with accelerations	17	18	19 Time Trial!! 5KM
20	21	22	23	24	25 Christmas	26
27	28	29	30	31	1 New Year's Day	2