

Frassati 5K – 3.5 Week Training Program



How to train for a 5K in 3.5 weeks

School is about to be back in session! We know you are busy...here's a simple yet efficient program you can follow to get you ready in a short window for the 5K!

- **First, sign up!** <https://frassati-wbl.org/frassati-5k/>
- **Visit your local running store and make sure you have some up-to-date shoes** (save your gardening shoes for the garden!) Your knees will thank you....
- Then **follow along with this beginner-friendly, 3.5-week training plan** below, which includes one bodyweight strength session per week.
- **Recruit the whole family and invite your friends!** This plan is beginner-friendly but intended for casual and intermediate runners. It's not a couch-to-5K plan, but if Uncle Jon hasn't worked out since last century, encourage him to walk the workouts. The Frassati 5K run/walk will be way more fun with family and friends.

Week 1

28...Tues	Easy Run 25 Minutes (<i>Run/walk if needed</i>)
29...Wed	Strength Train: Full Body: For Example: <i>Leg press, leg extensions, leg curls, squats, bench press, row, back raises, lunges, lat pull down, dips, sit ups, push ups, pull ups...</i>
30...Thurs	Interval Run: 30 Minutes (<i>Warm up 10 minutes, 5 x 1 minute "harder effort", 1 min easy in middle, 10 minutes easy cool down</i>)
31...Fri	Optional Easy Run: 25 Minutes (<i>Run/walk if needed</i>) or cross train on bike, elliptical or swim
1...Sat	Rest Day
2...Sun	Long Run: 45 Minutes (<i>Run/walk if needed</i>)

Week 2

3...Mon	Mobility/Stretch: Full Body, 15 Minutes
4...Tues	Easy Run: 30 Minutes
5...Wed	Strength Train: Full Body: For Example: <i>Leg press, leg extensions, leg curls, squats, bench press, row, back raises, lunges, lat pull down, dips, sit ups, push ups, pull ups...</i>
6...Thurs	Tempo Run: 35 Minutes (<i>Warm up 10 minutes, 15 minutes at moderate effort—HR Zone 3, cool down 10 minutes</i>)
7...Fri	Optional Easy Run: 25 Minutes or cross train on bike, elliptical or swim
8...Sat	Rest Day
9...Sun	Long Run: 45 Minutes (<i>Run/walk if needed</i>)

Week 3

10...Mon	Mobility/Stretch: Full Body, 15 Minutes
11...Tues	Easy Run: 30 Minutes
12...Wed	Strength Train: Full Body
13...Thurs	Negative Splits Run: 40 Minutes <i>Second half of run should be faster than first half</i>
14...Fri	Optional Easy Run: 25 Minutes or cross train on bike, elliptical or swim
15...Sat	Rest Day
16...Sun	Long Run: 45 Minutes

Week 4 – Race Week!

17...Mon	Mobility/Stretch: Full Body, 15 minutes
18...Tues	Easy Run: 25 Minutes
19...Wed	Shake Out Run: 20 Minutes
20...Thurs	Mobility/Stretch: Full Body 10 Minutes
21...Fri	Frassati 5K Race Day!

REGISTER ONLINE TODAY!

www.frassati-wbl.org/frassati-5k

Dinner immediately following the races.
Great food and lots of prizes!



www.frassatiwbl.org



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STREAM

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Church of St. Pius X



4690 Bald Eagle Avenue
White Bear Lake