

TRAINING PROGRAM



TWILIGHT

5000



CURATED BY  MILE2MARATHON

GLOSSARY

Warmup This is a 10+ min run, performed at your usual easy run pace. The purpose of this run is to get your body ready for faster running, elevating your heart rate and 'warming up' your muscles and tendons. Finish this run with 4 x 15 second strides. This is an important part of your speedwork and tempo run days to make sure you are ready to run fast.

Cooldown This is a 10+ min run, performed at your usual easy run pace. The purpose of this is to help you kick-start your recovery. It's a weird concept to some people, but it's important not to skip this part of your speedwork and tempo run days. It will allow your muscles to flush out some of the lactic acid and other 'junk' that accumulates during the faster running you just performed.

Easy Run You should be able to hold a conversation while running at an easy pace, and when you finish, you should feel like you could do more. Learn to run your prescribed pace for these runs. You will not benefit more from running these training runs faster. In fact, you're less likely to recover efficiently between your harder workouts if you're running faster. The harder workouts and long runs are where you will really gain fitness..

Strides These are short 'sprints' of 10 – 20 seconds, with 30 – 40 seconds of very slow jogging between intervals. They are performed either at the end of an easy run or at the end of a warmup for speedwork or tempo run. The motto for strides is 'fast and relaxed'. Those two things can go together. Don't strain your face and tense up your body while performing these strides. Instead focus on a smooth running motion, while still trying to run fast.

Speed Workout Any running at a pace equal to or faster than your 5k race pace.

Intervals A type of speedwork during which you alternate fast running and easy running, each for a predetermined distance or duration, repeated several times in a row. (e.g. 10 x 1' fast/1' very slow OR 10 x 400m @interval pace + 200m slow recovery jog.)

Tempo Run The tempo run is an important part of most training programs. These are done to help increase lactate threshold, develop your strength and increase your stamina. These are important components to complete other workouts. For most people, a tempo run is done at a pace that you could hold for a 60 min race.

Long Run Everyone knows what the long run is! Whether you're training for the mile or the marathon, or in this case the 5K, the long run is a crucial component of your training plan. These are most often performed at your usual easy run pace. Once in a while they are performed at a slightly faster pace.

Rest Day These are another important part of your training plan. A rest day means no running. For some of you that might be easy to do, but for others, it's the most difficult day of the week.

Recovery Run These runs are performed at a pace even slower than your easy run pace. Once in a while they can replace a rest day, if you're feeling good.





PAGE CHART

Goal Time	Min/Mile	Min/Km	Min/400m	10K Equivalent	1/2 Marathon Equivalent	Easy Run Pace	Tempo Pace	10k Pace
40:00	12:52	8:00	3:12	1:24:00	3:00:00	13:40/8:30	12:00/7:30	13:20/8:17
37:30	12:04	7:30	3:00	1:18:00	2:50:00	13:00/8:05	11:30/7:05	12:33/7:48
35:00	11:15	7:00	2:48	1:12:30	2:40:00	12:30/7:45	10:55/6:45	11:40/7:15
32:30	10:27	6:30	2:36	1:07:30	2:30:00	12:00/7:27	10:20/6:25	10:50/6:45
30:00	9:39	6:00	2:24	1:03:00	2:16:00	11:40/7:15	9:45/6:00	10:05/6:15
27:30	8:51	5:30	2:12	57:30	2:05:00	11:15/7:00	9:05/5:40	9:15/5:45
25:00	8:02	5:00	2:00	52:30	1:55:00	10:25/6:30	8:30/5:18	8:25/5:15
22:30	7:14	4:30	1:48	47:00	1:43:00	9:40/6:00	7:40/4:45	7:30/4:42
20:00	6:26	4:00	1:36	41:30	1:32:00	8:50/5:30	6:50/4:15	6:40/4:10
19:00	6:06	3:48	1:31	39:30	1:28:00	8:25/5:15	6:30/4:00	6:20/3:57
18:00	5:47	3:36	1:26	37:30	1:23:00	7:45/4:50	6:13/3:52	6:03/3:47

WEEK 1

MONDAY

Easy Run, 30 min.

TUESDAY

Cruise Intervals.

Warmup

10 - 20 min Easy Run effort.

Workout

4 - 5 x 5 min @ Tempo Run effort.

(RPE = 6 - 7).

(90s jog recovery).

Cooldown

10 - 20 min Easy run effort.

WEDNESDAY

Rest.

THURSDAY

Easy Run + Strides, 30 min.

Finish this run with 4 - 6 x 15s Strides.
(30s walk recovery).

FRIDAY

Intervals.

Warmup

10 - 20 min Easy Run effort.

Workout

6 - 10 x 1 min @ Tempo Run effort.

(RPE = 8 - 9). (90s recovery).

Cooldown

10 - 20 min Easy Run effort.

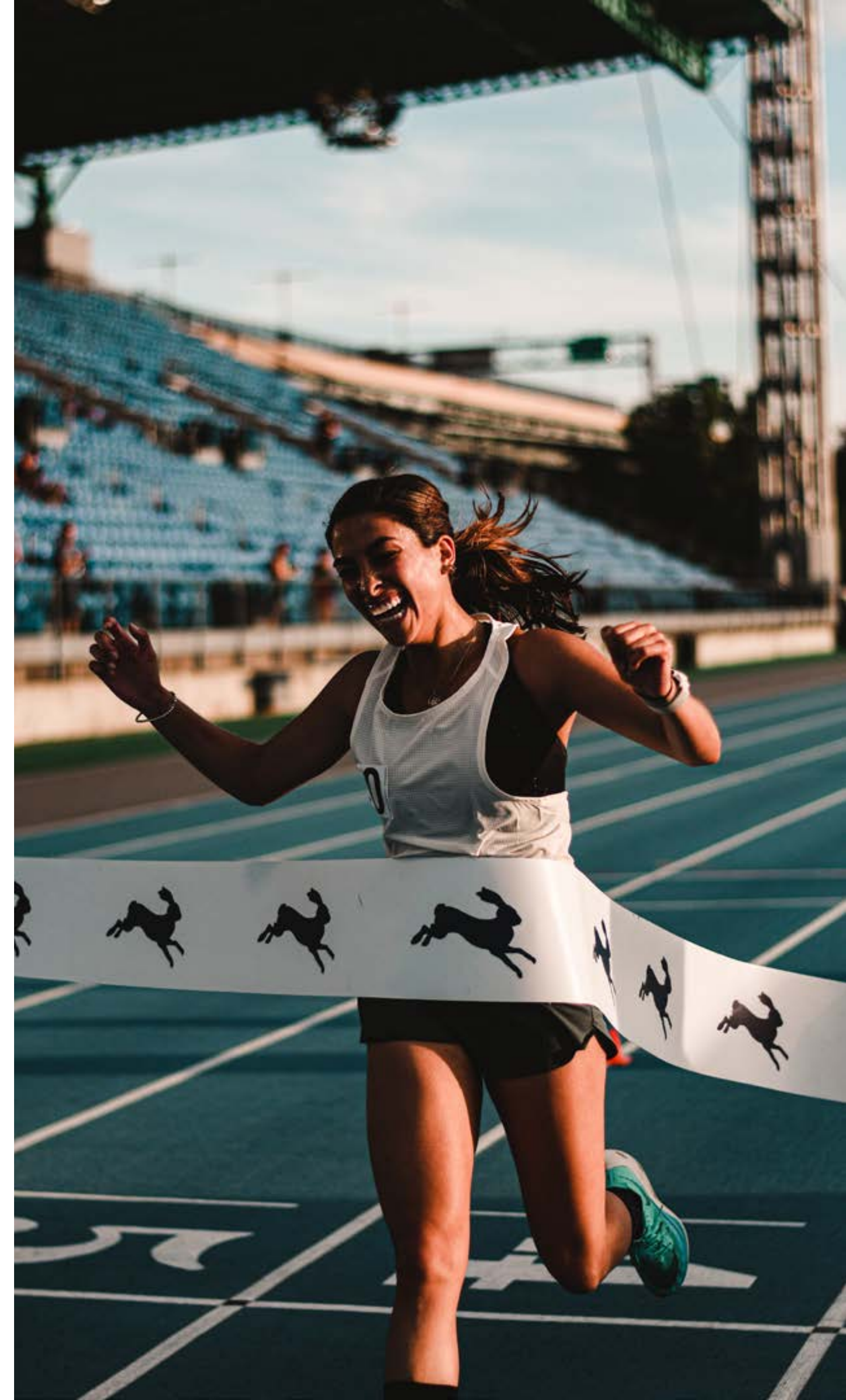
SATURDAY

Rest.

SUNDAY

Long Run.

60 min at Easy Run effort, or run the length of your longest long run from the past 3 weeks.



WEEK 2

MONDAY

Easy Run, 30 min.

TUESDAY

Tempo Run.

Warmup

10 - 20 min Easy Run effort.

Workout

20 min @ Tempo Run effort. (RPE = 6 - 7).

Cooldown

10 - 20 min Easy Run effort.

WEDNESDAY

Rest.

THURSDAY

Easy Run + Strides, 30 - 35 min.

Finish this run with 4 - 6 x 15s Strides.
(30s walk recovery).

FRIDAY

Fartlek.

Warmup

10 min Easy Run effort.

Workout*

2 x 90s Fast (90s easy),

4 x 60s Fast (60s easy),

4 x 30s Fast (30s easy),

4 x 15s Fast (15s easy).

Cooldown

10 - 20 min Easy Run effort.

SATURDAY

Rest.

SUNDAY

Long Run.

70 min at Easy Run effort. or run 10 min
more than last week's long run.

Fast @ 8 - 9+ RPE
Easy @ 5 - 6 RPE



WEEK 3

MONDAY

Easy Run.
30 – 35 min.

TUESDAY

Cruise Intervals.

Warmup

10 – 20 min Easy Run effort.

Workout

3 x 8 min @ 10K Effort (RPE = 7+).

(2 min recovery).

Cooldown

10 – 20 min Easy Run effort.

WEDNESDAY

Rest.

THURSDAY

Easy Run + Strides.
35 – 45 min.

Finish this run with 4 – 6 x 15s Strides.
(30s walk recovery).

FRIDAY

Fartlek.

Warmup

10 – 20 min Easy Run effort.

Workout*

2 x 90s Fast (90s easy).

4 x 60s Fast (60s easy).

4 x 30s Fast (30s easy).

4 x 15s Fast (15s easy).

Cooldown

10 – 20 min Easy Run effort.

SATURDAY

Rest.

SUNDAY

Long Run.

70 min at Easy Run effort. or run 10 min more than last week's long run.

Fast @ 8 – 9+ RPE
Easy @ 5 – 6 RPE



WEEK 4

MONDAY

Easy Run.
30 – 40 min.

TUESDAY

Tempo Run.

Warmup

10 – 20 min Easy Run effort.

Workout

25 min @ Tempo Run effort. (RPE = 6 – 7).

Cooldown

10 – 20 min Easy Run effort.

WEDNESDAY

Rest.

THURSDAY

Easy Run + Strides.
40 – 50 min.

Finish this run with 4 – 6 x 15s Strides.
(30s walk recovery).

FRIDAY

Fartlek.

Warmup

10 – 20 min Easy Run effort.
4 x 100m Strides @ Race Pace.
(100m walk recovery).

Workout*

8 – 10 x 600m @ Goal Race Pace.
(200m jog or 90s recovery).

Cooldown

10 – 20 min Easy Run effort.

SATURDAY

Rest.

SUNDAY

Long Run.

80 – 90 min at Easy Run effort.
You should cap your long run at 90 min.



WEEK 5

MONDAY

Easy Run.
35 – 45 min.

TUESDAY

Cruise Intervals.

Warmup

10 – 20 min Easy Run effort.

Workout*

6 – 8 x 3 min @ 10K Race Effort (RPE = 7+).
(60s recovery).

Cooldown

10 – 20 min Easy Run effort.

If you're feeling tired by this stage of the training, you'll want to cut this workout back to 6 intervals, and cap the effort at Half Marathon race pace.

WEDNESDAY

Rest.

THURSDAY

Easy Run + Strides.
30 min.

Finish this run with 4 – 6 x 15s Strides.
(30s walk recovery).

FRIDAY

Time Trial.

Warmup

10 – 20 min Easy Run effort.
4 x 100m Strides @ Race Pace.
(100m walk recovery).

Workout*

2 Miles or 3200m @ Goal Race Pace
(RPE = 8-9).

Cooldown

10 – 20 min Easy Run effort.

Try to run your first few laps (or first ~3:00) slightly slower than race pace and build toward your goal race pace by 1/3 of the way through.

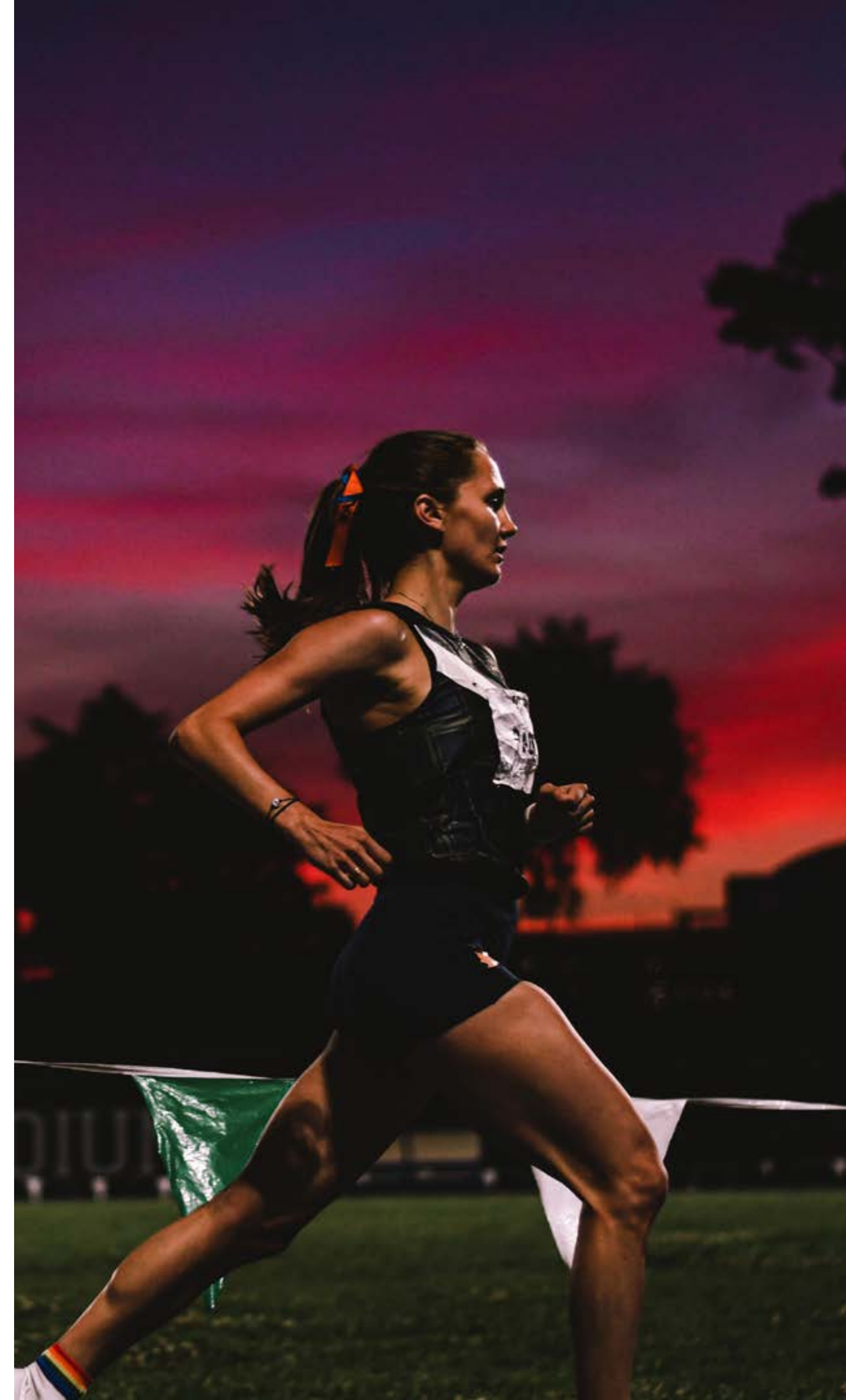
SATURDAY

Rest.

SUNDAY

Long Run.

70 – 80 min at Easy Run effort.



WEEK 6

MONDAY

Easy Run, 30 min.

TUESDAY

Cruise Intervals.

Warmup

10 - 20 min Easy Run effort.

Workout*

12 min (2 min recovery),

8 min (2 min recovery),

6 min.

Cooldown

10 - 20 min Easy Run effort.

All Intervals @ 10K Effort (RPE 7+).

WEDNESDAY

Rest.

THURSDAY

Easy Run + Strides, 30 min.

Finish this run with 4 - 6 x 15s Strides.
(30s walk recovery).

FRIDAY

Pyramid Workout.

Warmup

10 - 20 min Easy Run effort.

4 x 100m Strides @ Race Pace.

(100m walk recovery).

Workout

4 min (60s), 800m (2 min), 1200m

(3 min), 1600m (4 min), 1200m (3 min),

800m (2 min), 400m.

Cooldown

10 - 20 min Easy Run effort.

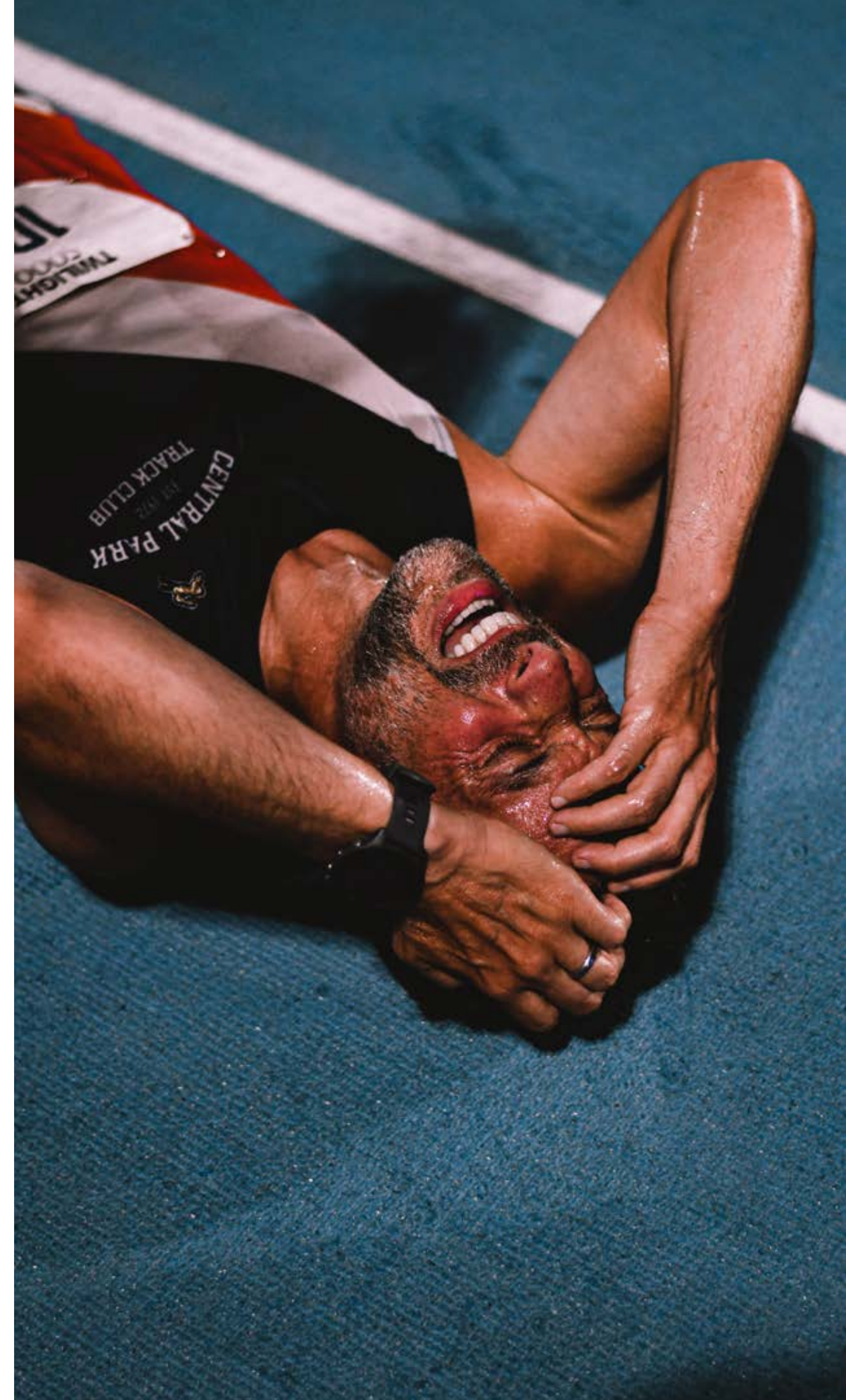
SATURDAY

Rest.

SUNDAY

Long Run.

60 min at Easy Run effort.



RACE WEEK

MONDAY

Rest.

TUESDAY

Rest.

WEDNESDAY

Cruise Intervals.

Warmup

10 - 20 min Easy Run effort.

Workout*

4 x 200m (60s recovery),

4 x 400m (90s recovery),

4 x 200m (200m jog recovery),

Cooldown

5 - 10 min Easy Run effort.

Do this workout 2 days out from race day.

THURSDAY

Rest.

FRIDAY

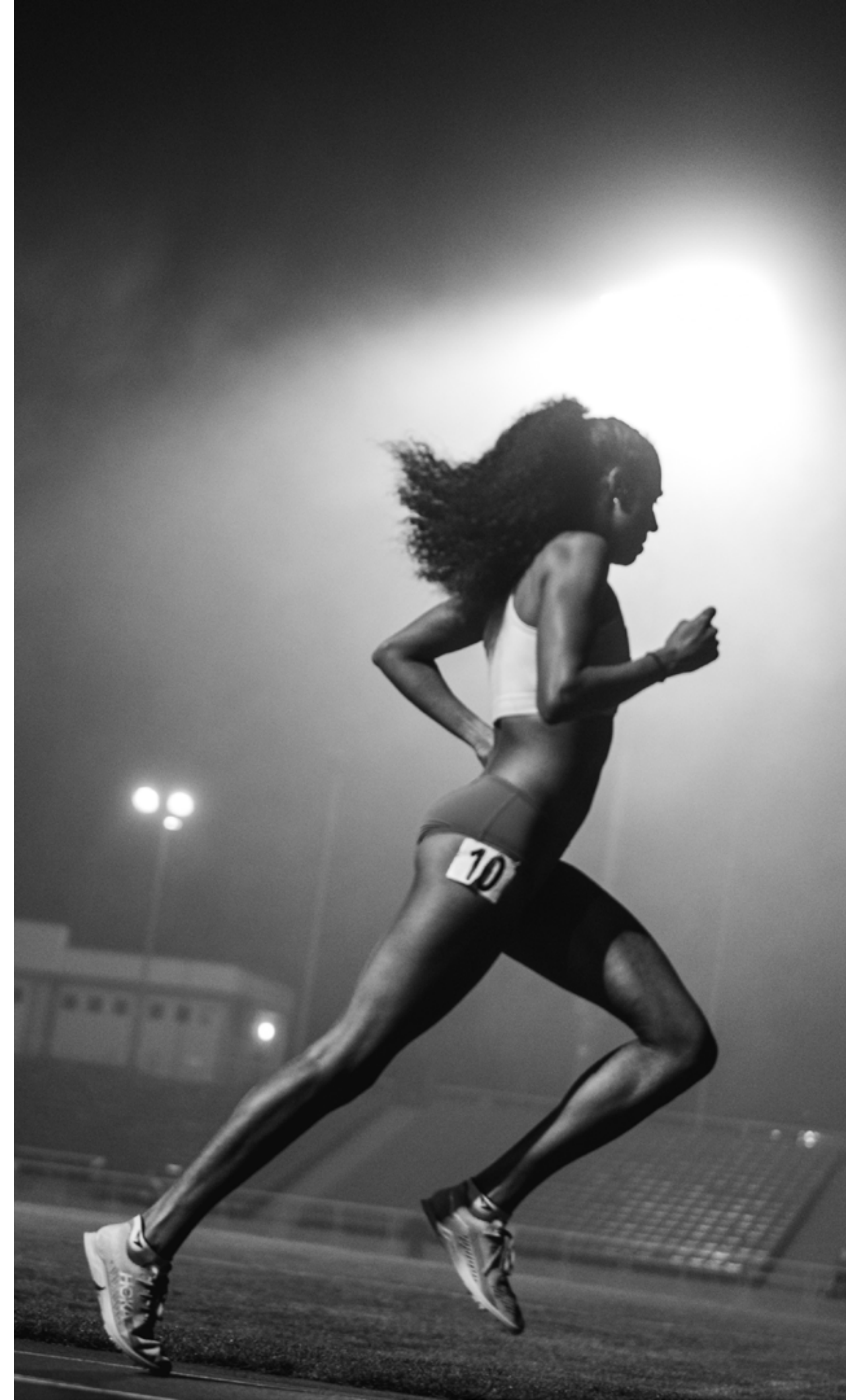
Race Day.

SATURDAY

Rest.

SUNDAY

Rest.





Tracksmith

