# TRAINING PLAN

**EVERY DAY**

**WARM UP** 5 min of dynamic warm up, 5 min of walk or slow jog

**COOL DOWN** 5 min of walking then stretch

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 1</strong> SPEED</td>
<td><strong>DAY 2</strong> LONG, SLOW DISTANCE</td>
<td><strong>DAY 3</strong> STRENGTH</td>
<td><strong>DAY 4</strong> 5K PACE</td>
</tr>
</tbody>
</table>
| • 3 minute run, 3 minute slow jog or walk  
  • Repeat 3 - 4 times  
  Work RPE: 7 - 8  
  Rest RPE: 6 | • Walk and/or jog 3 miles  
  Work RPE: 6 | • 3 sets/8 reps:  
  Jump Squats  
  Single Leg Deadlift  
  Split Squats  
  Single Leg Hip Thrust  
  rest 1 - 2 min between sets  
  • 3 sets/30 sec:  
  Plank  
  Windshield Wipers  
  rest 30 sec - 1 min between sets | • Pick a target pace  
  • Run 1 mile at target pace, walk break, run 1 mile at target pace, walk break, run 1 mile at target pace |
| **WEEK 2** | **WEEK 3** | **WEEK 4** |
| **DAY 1** SPEED | **DAY 2** LONG, SLOW DISTANCE | **DAY 3** STRENGTH | **DAY 4** 5K PACE |
| • 3 minute run, 3 minute slow jog or walk  
  • Repeat 3 - 4 times  
  Work RPE: 8.5 - 9  
  Rest RPE: 6 - 6.5 | • Walk and/or jog 3.5 miles  
  Work RPE: 6 - 6.5 | • 3 sets/10 reps:  
  Jump Squats  
  Single Leg Deadlift  
  Split Squats  
  Single Leg Hip Thrust  
  rest 1 - 2 min between sets  
  • 3 sets/30 sec:  
  Flutter Kicks  
  Mason Twist  
  rest 30 sec - 1 min between sets | • Pick a target pace  
  • Run 1.5 miles at target pace, walk break, run 1 mile at target pace, walk break, run 1 mile at target pace |
| **WEEK 3** | **WEEK 4** | **WEEK 1** |
| **DAY 1** SPEED | **DAY 2** LONG, SLOW DISTANCE | **DAY 3** STRENGTH | **DAY 4** 5K PACE |
| • 2.5 min run, 2.5 min slow jog or walk  
  • Repeat 3 - 4 times  
  Work RPE: 8.5 - 9  
  Rest RPE: 6 | • Walk and/or jog 4 miles  
  Work RPE: 6.5 - 7 | • 3 sets/12 reps:  
  Jump Squats  
  Single Leg Deadlift  
  Split Squats  
  Single Leg Hip Thrust  
  rest 1 - 2 min between sets  
  • 3 sets/30 sec:  
  Bicycle Crunch  
  Single Leg Hip Thrust  
  rest 30 sec - 1 min between sets | • Pick a target pace  
  • Run 2 miles at target pace, walk break, run 1 mile at target pace |
| **WEEK 4** | **WEEK 1** | **WEEK 2** |
| **DAY 1** SPEED | **DAY 2** LONG, SLOW DISTANCE | **DAY 3** STRENGTH | **DAY 4** 5K PACE |
| • 2 min run, 1.5 min slow jog or walk  
  • Repeat 3 - 4 times  
  Work RPE: 8.5 - 9  
  Rest RPE: 6 | • Walk and/or jog 4.5 miles  
  Work RPE: 7 | • 3 sets/8 reps:  
  Jump Squats  
  Single Leg Deadlift  
  Split Squats  
  Single Leg Hip Thrust  
  rest 1 - 2 min between sets  
  • 3 sets/30 sec:  
  Plank  
  Mason Twist  
  rest 30 sec - 1 min between sets | • Run 3.1 miles at target pace 5k  
  • Congratulate yourself, you earned it! |

---

**RECSPORTS.UFL.EDU**
THE RATE OF PERCEIVED EXERTION

TO TRACK INTENSITY

We have provided a target intensity to train at on certain days. This intensity is based on your Rate of Perceived Exertion (RPE) or a target heart rate (based on number of beats per minute = BPM).

The Rate of Perceived Exertion is based on a scale of 1 - 10, as pictured below:

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No breathlessness at all</td>
</tr>
<tr>
<td>0.5</td>
<td>Very, very slight (just noticeable)</td>
</tr>
<tr>
<td>1</td>
<td>Very slight</td>
</tr>
<tr>
<td>2</td>
<td>Slight breathlessness</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Somewhat severe</td>
</tr>
<tr>
<td>5</td>
<td>Severe breathlessness</td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Very severe breathlessness</td>
</tr>
<tr>
<td>8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Very, very severe (almost maximal)</td>
</tr>
<tr>
<td>10</td>
<td>Maximal</td>
</tr>
</tbody>
</table>

Disclaimer: To calculate target heart rate, we multiplied the RPE by 20. However, this is a significant approximation and would not be applicable to numbers lower than 6 on the RPE scale.