



# 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

|               | <b>DAY 1</b><br>SPEED  | <b>DAY 2</b><br>LONG, SLOW DISTANCE  | <b>DAY 3</b><br>STRENGTH   | <b>DAY 4</b><br>5K PACE  |
|---------------|--|--|--|--|
| <b>WEEK 1</b> | <ul style="list-style-type: none"> <li>• 3 minute run, 3 minute slow jog or walk</li> <li>• Repeat 3 - 4 times</li> </ul> <p>Work RPE: 7 - 8<br/>Rest RPE: 6</p>         | <ul style="list-style-type: none"> <li>• Walk and/or jog 3 miles</li> </ul> <p>Work RPE: 6</p>         | <ul style="list-style-type: none"> <li>• 3 sets/8 reps:<br/>Jump Squats<br/>Single Leg Deadlift<br/>Split Squats<br/>Single Leg Hip Thrust<br/>rest 1 - 2 min between sets</li> <li>• 3 sets/30 sec:<br/>Plank<br/>Windshield Wipers<br/>rest 30 sec - 1 min between sets</li> </ul>               | <ul style="list-style-type: none"> <li>• Pick a target pace</li> <li>• Run 1 mile at target pace, walk break, run 1 mile at target pace, walk break, run 1 mile at taret pace</li> </ul> |
| <b>WEEK 2</b> | <ul style="list-style-type: none"> <li>• 3 minute run, 3 minute slow jog or walk</li> <li>• Repeat 3 - 4 times</li> </ul> <p>Work RPE: 8.5 - 9<br/>Rest RPE: 6 - 6.5</p> | <ul style="list-style-type: none"> <li>• Walk and/or jog 3.5 miles</li> </ul> <p>Work RPE: 6 - 6.5</p> | <ul style="list-style-type: none"> <li>• 3 sets/10 reps:<br/>Jump Squats<br/>Single Leg Deadlift<br/>Split Squats<br/>Single Leg Hip Thrust<br/>rest 1 - 2 min between sets</li> <li>• 3 sets/30 sec:<br/>Flutter Kicks<br/>Mason Twist<br/>rest 30 sec - 1 min between sets</li> </ul>            | <ul style="list-style-type: none"> <li>• Pick a target pace</li> <li>• Run 1.5 miles at target pace, walk break, run 1.5 miles at target pace</li> </ul>                                 |
| <b>WEEK 3</b> | <ul style="list-style-type: none"> <li>• 2.5 min run, 2.5 min slow jog or walk</li> <li>• Repeat 3 - 4 times</li> </ul> <p>Work RPE: 8.5 - 9<br/>Rest RPE: 6</p>         | <ul style="list-style-type: none"> <li>• Walk and/or jog 4 miles</li> </ul> <p>Work RPE: 6.5 - 7</p>   | <ul style="list-style-type: none"> <li>• 3 sets/12 reps:<br/>Jump Squats<br/>Single Leg Deadlift<br/>Split Squats<br/>Single Leg Hip Thrust<br/>rest 1 - 2 min between sets</li> <li>• 3 sets/30 sec:<br/>Bicycle Crunch<br/>Single Leg Hip Thrust<br/>rest 30 sec - 1 min between sets</li> </ul> | <ul style="list-style-type: none"> <li>• Pick a target pace</li> <li>• Run 2 miles at target pace, walk break, run 1 mile at target pace</li> </ul>                                      |
| <b>WEEK 4</b> | <ul style="list-style-type: none"> <li>• 2 min run, 1.5 min slow jog or walk</li> <li>• Repeat 3 - 4 times</li> </ul> <p>Work RPE: 8.5 - 9<br/>Rest RPE: 6</p>           | <ul style="list-style-type: none"> <li>• Walk and/or jog 4.5 miles</li> </ul> <p>Work RPE: 7</p>       | <ul style="list-style-type: none"> <li>• 3 sets/8 reps:<br/>Jump Squats<br/>Single Leg Deadlift<br/>Split Squats<br/>Single Leg Hip Thrust<br/>rest 1 - 2 min between sets</li> <li>• 3 sets/30 sec:<br/>Plank<br/>Mason Twist<br/>rest 30 sec - 1 min between sets</li> </ul>                     | <ul style="list-style-type: none"> <li>• Run 3.1 miles at target pace 5k</li> <li>• Congratulate yourself, you earned it!</li> </ul>   |



# 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:

|     |                                     |
|-----|-------------------------------------|
| 0   | No breathlessness at all            |
| 0.5 | Very, very slight (just noticeable) |
| 1   | Very slight                         |
| 2   | Slight breathlessness               |
| 3   | Moderate                            |
| 4   | Somewhat severe                     |
| 5   | Severe breathlessness               |
| 6   |                                     |
| 7   | Very severe breathlessness          |
| 8   |                                     |
| 9   | Very, very severe (almost maximal)  |
| 10  | Maximal                             |

*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.*