

TIMEX® 5K Train Smarter™ Plan by Dave Scott

Training Plan:	5K
Training Level:	Fitness Athlete
Training Weeks:	10
Hours Per Week:	3-6
Training Plan Rule:	Record Perceived Exertion, Pace per mile on all runs, Heart rate at half-way and end of each run

Description:

This program starts off with markers set in the first week to establish your baseline fitness. Allowing a 10 week build up, the training schedule is progressive in overload with numerous marker or test sets blended into the program. You should allocate 3 to 6 hours of training per week and be capable of completing a steady 15 minute run before embarking on the 5K training plan. This program is loaded with fun and energetic workouts.

Key Principles:

You may wish to familiarize yourself with the glossary of [terms](#) prior to utilizing this plan. Below are a few to know:

Aerobic Heart Rate / Pace (A) - Talking about the aerobic heart zone, ideal heart rate should be about 70 - 80% of maximum heart rate. This endurance-training zone helps in improving your cardiovascular development and also it helps in strengthening your heart

L-1 pace is approximately 30" faster than aerobic pace and 10 beats higher than your aerobic heart rate. On shorter repeats you may not see a rise in heart rate- use pace. L-2 is approx. 60" faster than aerobic pace and 20 beats higher. L-3 is 90" faster than aerobic pace and 30 beats higher. For information on products that help track your training click [here](#).

Marker Sets (MS) - are test sets that will be included throughout your cycle. By comparing specific workouts throughout your plan, you can evaluate your progress. The sets allow you to evaluate your progress by evaluating heart rates, workloads, sendoff, repeat times, speed, perceived exertion and power. Marker sets are the true predictors of your potential race performance.

5K Warm-Up: 8-20', finish final 6' at aerobic pace.
Within warm-up, include 6 x 15"
pick-up's with Rest interval of
aerobic jog of :30"

Discipline	Week	Workout #1	Workout #2	Workout #3
Run	1	Main Set: 25' Aerobic (A)	Main Set: 9' (A) + 6 x 45" hold at L-1, Repeat set 3x Rest Interval: Jog 45"	Marker Set: 30' (A) Second Set: 10 x 10" Pick-Up's (P.U.) Rest Interval (RI): :40" jog
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	2	Main Set: 28' (A)	Main Set: 9' (A) + 6 x 45" Hill Rest Interval: jog downhill then repeat Second Set: 1KM Marker	Main Set: 30' (A) Second Set: 10 x 15" PU Rest Interval: 40"
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	3	Main Set: 32' (A) with final 6' at L-1 L-1 is 9-12 beats higher than (A)	Main Set: 6' (A) + 4' at L-1 (RI 1') Repeat set 3x Second set: 6 x 45" (RI 45") fast turnover, Repeat set 3x	Main Set: 33' (A) Second Set: 2 sets of 5 x 20" with 2' (A) between Rest Interval: 30" between 20" segments
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	4	6' at L-1 + 24' (A) + 6' at L-1	Marker Set: 3 x 1KM Rest Interval: :30" at L-1 to L-2	Main Set: 40' with 3 sets of 5 x 20" (1 at beginning, 1 in middle and 1 at the end) Rest Interval: 30" between 20" segments, 3' between sets
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	5	8' at L-1 + 24' (A) + 8' at L-1	Main Set: 4' (A) + 6' at L-1 + 8 x 45" Hill at L-2 Rest Interval: jog downhill and repeat entire set	Main Set: 45' of 3 segments of: 7' at L-1 to L-2 with Rest Interval 2' between. 7' are progressive. Remainder of session is (A)

Discipline	Week	Workout #1	Workout #2	Workout #3
Run	6	10' at L-1 + 28' (A) + 10' at L-2	Marker Set: 3 x 1.5KM Rest Interval: :20" at L-1 to L-3	Main Set: 45' of 3 segments of: 7' at L-1 to L-2 with Rest Interval 2' between. 7' are progressive. Remainder of session is (A)
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	7	Marker Set: 22' (5' at L-1, 6' at L-2, 5' at L-1, 6' at L-2) Second Set: 22' (A)	Marker Set: 2 x 2K + 1 x 1K Rest Interval: :20" at L-1 to L-3	Main Set: 50'- (25' (A) + 25' at L-1)
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	8	Marker Set: 20' , 10" slower than race pace Second Set: 24' (A)	Marker Set: 3K + 2K + 1K Rest Interval: :20" Goal is 10" slower per KM than projected race pace	Main Set: 50'- (25' (A) + 25' at L-1)
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	9	Marker Set: 20' at race pace + 10" (mile slower) Second Set: 24' (A)	Marker Set: 6 x 1KM at race pace Rest Interval: :20"	Main Set: 50'- (25' (A) + 25' at L-1)
Discipline	Week	Workout #1	Workout #2	Workout #3
Run	10	Race Week: Main Set: 30' with 8 x 2' = 90" at L-1 + 30" at race pace Rest Interval: 45", remainder is (A)	Main Set: 30' with 6 x 90" at build to race pace Rest Interval: 90"	Main Set: 30' (A) (One day before race)