

# **TRUTHSGIVING TRAINING PLAN**

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

*Hi relatives!*

*I hope you are well and in good health! Thank you for signing up for the Truthsgiving 5k! I have crafted a 5 week training plan for you. If you are new to running or don't run a whole lot, Level I is for you. Please note that I am not a certified run coach but these are training plans that I have helped other runners and friends with for their short term running goals. This is based off of some of my own philosophy of what works, what I see work for others, and understanding critical components to leg turnover and endurance that helps to improve your performance. I have 22 years of running experience – running at a D1 collegiate level to an amateur and professional level on the track, the roads, the trails and mountains. I hope you find these workouts useful. And excited to hear how you do! Please make sure to hydrate, fuel your body, stretch before and after your run/walk, and it could never hurt to work on your core with some AB workouts. Have fun! - Jordan*

## **LEVEL I (START OCT 26)**

### **WEEK ONE**

**Monday:** 1-2 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 1 minute (pushing the pace, but not 100% effort – 80% effort) x 1 minute walk/easy jog for 10 minutes, 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 1-2 miles OR optional REST DAY

**Thursday:** 1-2 miles, easy effort.

Friday: 1-2 miles – followed by 4 x 15 second strides (not a sprint, but quick leg turnover)

Saturday: 1 mile warm up, 6 x 30 second hill repeats, 1 mile cool down

Sunday: Long Run/Walk – 3-5 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

### **WEEK TWO:**

**Monday:** 1-2 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 1 minute (pushing the pace, but not 100% effort – 80% effort) x 1 minute walk/easy jog for 15 minutes, 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 1-3 miles OR optional REST DAY

**Thursday:** 2-3 miles, easy effort.

**Friday:** 2-3 miles – followed by 30 second strides (not a sprint, but quick leg turnover)

# **TRUTHSGIVING TRAINING PLAN**

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

**Saturday:** 1 mile warm up, 2 minutes at 5k goal pace (example: averaging 8 minute miles for the 5k) x 3, 4 x 30 second hill repeats, 1 mile cool down

**Sunday:** Long Run/Walk – 3-5 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK THREE:

**Monday:** 2-3 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 1.5 minute (pushing the pace, but not 100% effort – 80% effort) x 1 minute walk/easy jog for 15 minutes, 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 2-3 miles OR optional REST DAY

**Thursday:** 3-4 miles, easy effort.

**Friday:** 2-3 miles – followed by 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1 mile warm up, 3.5 minutes at 5k goal pace (example: averaging 7 minute miles for the 5k) x 3, 2 x 30 strides, 1 mile cool down

**Sunday:** Long Run/Walk – 4-6 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK FOUR:

**Monday:** 2-3 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 2.5 minute (pushing the pace, but not 100% effort – 80% effort) x 1 minute walk/easy jog for 15 minutes, 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 2-3 miles OR optional REST DAY

**Thursday:** 3-4 miles, easy effort.

**Friday:** 2-3 miles – followed by 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1 mile warm up, 1 mile at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 2.5 minutes at 5k goal pace (example: averaging 7 minute miles for the 5k) x 3, 2 x 30 strides, 1 mile cool down

**Sunday:** Long Run/Walk – 4-6 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK OF TRUTHSGIVING:

**Monday:** 2-3 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

# **TRUTHSGIVING TRAINING PLAN**

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

**Tuesday:** 1 mile warm up (at your own easy pace), 6 x 30 second strides, 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** TRUTHSGIVING 5K – Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Thursday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Friday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Saturday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Sunday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

## **LEVEL II (START OCT 26)**

WEEK ONE:

**Monday:** 2-4 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 2 minute (pushing the pace, but not 100% effort – 80% effort) x 1 minute walk/easy jog for 10 minutes, 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 2-5 miles OR optional REST DAY

**Thursday:** 2-3 miles, easy effort.

**Friday:** 2-5 miles – followed by 4 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 10 x 30 second hill repeats, 1-2 mile cool down

**Sunday:** Long Run/Walk – 4-8 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

WEEK TWO:

**Monday:** 3-5 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 2.5 minute (pushing the pace, but not 100% effort – 80% effort) x 1 minute walk/easy jog for 20 minutes, 4 X 15 second sprints (leg turnover), 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 3-5 miles OR optional REST DAY

**Thursday:** 3-4 miles, easy effort.

**Friday:** 3-5 miles – followed by 6 x 30 second strides (not a sprint, but quick leg turnover)

# **TRUTHSGIVING TRAINING PLAN**

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

**Saturday:** 1-2 mile warm up, 2 x mile at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 4 x 30 second hill repeats, 1-2 mile cool down

**Sunday:** Long Run/Walk – 6-9 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK THREE:

**Monday:** 3-5 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 90 seconds (pushing the pace, but not 100% effort – 85% effort) x 30 second walk/easy jog for 20 minutes, 6 X 15 second sprints (leg turnover), 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 3-5 miles OR optional REST DAY

**Thursday:** 3-4 miles, easy effort.

**Friday:** 3-5 miles – followed by 6 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 1 x mile at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 2 x 2.5 minutes at goal pace (example: averaging 7 minute per miles), 2 x 30 second hill repeats or strides, 1-2 mile cool down

**Sunday:** Long Run/Walk – 7-9 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK FOUR:

**Monday:** 4-5 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1 mile warm up (at your own easy pace), 90 seconds (pushing the pace, but not 100% effort – 85% effort) x 30 second walk/easy jog for 20 minutes, 6 X 15 second sprints (leg turnover), 1 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 4-5 miles OR optional REST DAY

**Thursday:** 3-4 miles, easy effort.

**Friday:** 3-5 miles – followed by 6 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 2 x 1 mile at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 2 x 1.5 minutes at goal pace (example: averaging 7 minute per miles), 2 x 15 second hill repeats or strides, 1-2 mile cool down

**Sunday:** Long Run/Walk – 7-9 miles.

# TRUTHSGIVING TRAINING PLAN

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

WEEK OF TRUTHSGIVING:

**Monday:** 4-6 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 2-4 miles, easy and comfortable.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** TRUTHSGIVING 5K – Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Thursday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Friday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Saturday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Sunday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

## LEVEL III (START OCT 26)

WEEK ONE:

**Monday:** 4-6 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1-2 mile warm up (at your own easy pace), 2.5 minute (pushing the pace, but not 100% effort – 85% effort) x 1 minute easy jog for 20 minutes, 1-2 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 4-7 miles OR optional REST DAY

**Thursday:** 4-6 miles, easy effort.

**Friday:** 4-5 miles – followed by 4 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 2 miles at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 10 x 30 second hill repeats, 1-2 mile cool down

**Sunday:** Long Run/Walk – 6-10 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

WEEK TWO:

**Monday:** 5-6 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

# **TRUTHSGIVING TRAINING PLAN**

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

**Tuesday:** 1-2 mile warm up (at your own easy pace), 3 minute (pushing the pace, but not 100% effort – 85% effort) x 1.5 minute easy jog for 25 minutes, 1-2 mile cool down. TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 5-7 miles OR optional REST DAY

**Thursday:** 5-6 miles, easy effort.

**Friday:** 4-5 miles – followed by 4 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 1 mile at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 2 minutes x 2 at goal 5k pace, 5 x 30 second hill repeats, 1-2 mile cool down

**Sunday:** Long Run/Walk – 6-10 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK THREE:

**Monday:** 5-6 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1-2 mile warm up (at your own easy pace), LADDER workout: 1 minute (hard – 5k pace), 1 minute easy, 2 minutes (hard – 5k pace), 1 minute easy, 3 minutes (hard – 5k pace), 1 minute easy, 4 minutes (LT pace), 2 minutes easy, 5 minutes (LT pace), 2 minutes rest x 2 sets, 1-2 mile cool down.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 6-7 miles OR optional REST DAY

**Thursday:** 4-6 miles, easy effort.

**Friday:** 4-5 miles – followed by 4 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 1.5 miles at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 10 x 30 second hill repeats or strides, 1-2 mile cool down

**Sunday:** Long Run/Walk – 6-10 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

## WEEK FOUR:

**Monday:** 5-7 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 1-2 mile warm up (at your own easy pace), LADDER workout: 1 minute (hard – 5k pace), 1 minute easy, 2 minutes (hard – 5k pace), 1 minute easy, 3 minutes (hard – 5k pace), 1 minute easy, 4 minutes (LT pace), 2 minutes easy, 5 minutes (LT pace), 2 minutes rest x 2 sets, 1-2 mile cool down.

# **TRUTHSGIVING TRAINING PLAN**

By: Jordan (Rising Hearts, professional runner with Altra Running Team Elite)

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** 5-7 miles OR optional REST DAY

**Thursday:** 4-5 miles, easy effort.

**Friday:** 4-5 miles – followed by 4 x 30 second strides (not a sprint, but quick leg turnover)

**Saturday:** 1-2 mile warm up, 2 miles at Lactic Threshold (LT) pace (30-45 seconds slower than your average 5k mile average – example: you average 7 minute miles for a 5k, you'll run 7:30-45 for LT pace), 1 mile at goal 5k pace (your mile average for a 5k), 5 x 30 second hill repeats or strides, 1-2 mile cool down

**Sunday:** Long Run/Walk – 6-10 miles.

TIPS\* Take this easy, walk if you have to or when you need to. Pre and post run stretch. Hydrate.

WEEK OF TRUTHSGIVING:

**Monday:** 4-6 miles, comfortable pace for you.

TIPS\* focus on your breathing, keep your arms moving and at 90 degree angles, keep your shoulders loose and relaxed. Stretch pre and post run/walk. Hydrate.

**Tuesday:** 3-4 miles, easy and comfortable.

TIPS\* Stretch pre and post run/walk. Focus on your breathing, keep your arms relaxed, no tense shoulders. Hydrate.

**Wednesday:** TRUTHSGIVING 5K – Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Thursday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Friday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Saturday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.

**Sunday:** TRUTHSGIVING 5K - Start with warm up, pre 5k stretch, 5k, cool down, end with stretch.