

ADIDAS RUNNERS 5K TRAINING PLAN - BEGINNER



	WEEK 01 GETTING STARTED	WEEK 02 GAIN CONTROL	WEEK 03 UPGRADING PATTERNS 1	WEEK 04 UPGRADING PATTERNS 2	WEEK 05 POWER UP	WEEK 06 STAY READY	WEEK 07 RECOVERY
MONDAY	<input type="checkbox"/> <u>YOUTUBE</u> INTRODUCTION & DAILY EXERCISES	<input type="checkbox"/> <u>YOUTUBE</u> WEEKLY OVERVIEW & DAILY EXERCISES	<input type="checkbox"/> <u>YOUTUBE</u> WEEKLY OVERVIEW & DAILY EXERCISES	<input type="checkbox"/> <u>YOUTUBE</u> WEEKLY OVERVIEW & DAILY EXERCISES	<input type="checkbox"/> <u>YOUTUBE</u> WEEKLY OVERVIEW & DAILY EXERCISES	<input type="checkbox"/> <u>YOUTUBE</u> WEEKLY OVERVIEW & DAILY EXERCISES	<input type="checkbox"/> <u>YOUTUBE</u> MEDAL MONDAY + POST RACE RECOVERY
TUESDAY	<input type="checkbox"/> RECOVERY RUN 3.5K / 20-25MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> RECOVERY RUN 3.5K / 20-25MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> RECOVERY RUN 4.5K / 25-30MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> RECOVERY RUN 4.5K / 25-30MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> RECOVERY RUN 4.5K / 25-30MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> RECOVERY RUN 3.5K / 20-25MIN WITH WARM UP AND COOL DOWN	REST DAY
WEDNESDAY	<input type="checkbox"/> <u>YOUTUBE</u> STRENGTH SESSION 45MIN FOCUS: MOBILITY & STABILITY	<input type="checkbox"/> <u>YOUTUBE</u> STRENGTH SESSION 45MIN FOCUS: ROTATION & CONTROL	<input type="checkbox"/> <u>YOUTUBE</u> STRENGTH SESSION 45MIN FOCUS: UPPER PUSH & LOWER PULL	<input type="checkbox"/> <u>YOUTUBE</u> STRENGTH SESSION 45MIN FOCUS: UPPER PUSH & LOWER PULL	<input type="checkbox"/> <u>YOUTUBE</u> STRENGTH SESSION 45MIN FOCUS: PLYOMETRICS	<input type="checkbox"/> <u>YOUTUBE</u> STRENGTH SESSION 45MIN FOCUS: BODY MAINTENANCE	<input type="checkbox"/> <u>YOUTUBE</u> MINDSET SESSION POST RACE REFLECTION
THURSDAY	<input type="checkbox"/> INTERVAL RUN 5K / 25-30MIN 5X1MIN ON WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN	<input type="checkbox"/> INTERVAL RUN 5K / 30-35MIN 4X2MIN ON WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN	<input type="checkbox"/> INTERVAL RUN 6K / 35-40MIN 4X3MIN @6MIN/KM WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN	<input type="checkbox"/> INTERVAL RUN 7K / 40-45MIN 8X2MIN @5:30MIN/KM WITH 1MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN	<input type="checkbox"/> INTERVAL RUN 6K / 35-40MIN 4X1K @~6:00MIN/KM WITH 2MIN OFF WITH 10MIN WARM UP AND 10MIN COOL DOWN	<input type="checkbox"/> TEMPO RUN 6K / 35-40MIN 4K INCREASED TEMPO RUN START AT 6:45MIN/KM, END AT 6:00MIN/KM WITH 10MIN WARM UP AND 10MIN COOL DOWN	<input type="checkbox"/> RECOVERY RUN 3.5K / 20-25MIN
FRIDAY	REST DAY	<input type="checkbox"/> BLACKROLL® RECOVERY <u>YOUTUBE</u> FULL BODY ROLLOUT 45MIN RECOVERY SESSION	REST DAY	<input type="checkbox"/> BLACKROLL® RECOVERY <u>YOUTUBE</u> LEGS AND HIPS 45MIN RECOVERY SESSION	REST DAY	<input type="checkbox"/> BLACKROLL® RECOVERY <u>YOUTUBE</u> UPPER BODY & BACK 45MIN RECOVERY SESSION	REST DAY
SATURDAY	<input type="checkbox"/> LONG RUN 6K / 40-45MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> LONG RUN 7K / 45-50MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> LONG RUN 8K / 45-50MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> LONG RUN 9K / 50-55MIN WITH WARM UP AND COOL DOWN	<input type="checkbox"/> LONG RUN 7K / 45-50MIN WITH WARM UP AND COOL DOWN	REST DAY	<input type="checkbox"/> LONG RUN 6K / 40-45MIN WITH WARM UP AND COOL DOWN
SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	<input type="checkbox"/> RACE DAY ON THE ADIDAS RUNNING APP	REST DAY

STAY UP TO DATE BY JOINING THE ADIDAS RUNNERS GLOBAL GROUP ON OUR ADIDAS RUNNING APP.

RUN AND TRAINING DESCRIPTION

RUN TYPE	DISTANCE	DURATION	INTENSITY	COMMENT	APPLIES TO
RECOVERY RUN	4-8K	20-40MIN	LOW	AIM FOR AN EASY CONVERSATIONAL PACE.	ALL LEVELS
LONG RUN	6-15K	40-80MIN	LOW TO MEDIUM	START EASY AND FINISH STRONG WITH A MEDIUM INTENSITY. GRADUALLY INCREASE THE DISTANCE THROUGHOUT THE PROGRAM.	ALL LEVELS
INTERVAL RUN	3-8K	20-45MIN	MEDIUM TO HIGH	ALTERNATING BETWEEN SHORT INTENSE RUNS AT A FAST PACE (ON) AND A SLOWER PACE (OFF). DURING THE PROGRAM, THE DISTANCE AND LENGTH OF INTERVAL WILL VARY. MAINTAIN A CONSISTENT PACE DURING EACH INTERVAL, OR SPEED UP TOWARDS THE END.	ALL LEVELS
TEMPO RUN	3-8K	20-45MIN	MEDIUM	MAINTAIN A STEADY MEDIUM EFFORT, SLIGHTLY SLOWER THAN RACE PACE.	ADVANCED
HILL SPRINTS	3-6K	20-40MIN	MEDIUM	INTERVAL TRAINING ON A LIGHT INCLINE. MAINTAIN A CONSISTENT PACE DURING EACH INTERVAL.	ADVANCED
WARM-UP RUN	1-2K	10MIN	LOW	EASY RUN BEFORE INTERVAL TRAINING, TEMPO RUN AND/OR HILL SPRINTS TO WARM UP YOUR MUSCLES AND CARDIOVASCULAR SYSTEM TO GET READY FOR HIGHER INTENSITY TRAINING.	ALL LEVELS
COOL-DOWN RUN	1-2K	10MIN	LOW	WALK OR JOG TO CALM THE CARDIOVASCULAR SYSTEM DOWN TO A NORMAL RANGE AND HELP THE MUSCLES AND BODY TO START RECOVERY. THIS SHOULD BE DONE AFTER ALL RUN TYPES.	ALL LEVELS
WARM-UP ROUTINE	-	5-10MIN	LOW	WARM-UP EXERCISES TO HELP YOU TO ACTIVATE MUSCLES BEFORE GOING FOR A RECOVERY OR LONG RUN. BUILD THIS HABIT FROM THE EXERCISES PRESENTED TO YOU EVERY MONDAY.	ALL LEVELS
COOL-DOWN-STRETCH	-	5-10MIN	LOW	LIGHT STRETCHING IS KEY AFTER EVERY FORM OF RUNNING. TRY TO IMPLEMENT 5-10MIN OF STRETCHING BEFORE ENDING YOUR RUNNING OR TRAINING SESSION.	ALL LEVELS
STRENGTH TRAINING	-	45MIN	MEDIUM	WEEKLY STRENGTH PROGRAM TO BUILD UP STRENGTH AND PREVENT INJURY. FOCUS ON MOVEMENT QUALITY BEFORE INTENSITY. THESE SESSIONS WILL BE HOSTED ON THE <u>ADIDAS RUNNING YOUTUBE ACCOUNT</u>	ALL LEVELS
RECOVERY SESSION	-	45MIN	LOW	BLACKROLL® RECOVERY SESSIONS TO IMPROVE RECOVERY, PREVENT INJURY AND UPSKILL RUNNERS TO IMPLEMENT NEW TOOLS AND ROUTINES. THESE SESSIONS WILL BE HOSTED ON THE <u>ADIDAS RUNNING YOUTUBE ACCOUNT</u>	ALL LEVELS
MOVEMENT LIBRARY	-	10MIN	LOW	RECOMMENDED EXERCISES RENEWED EVERY WEEK TO IMPROVE SKILLS OF RUNNERS AND THEIR ROUTINES WHILST TRAINING. THESE SESSIONS WILL BE HOSTED ON THE <u>ADIDAS RUNNING YOUTUBE ACCOUNT</u>	ALL LEVELS

