



## 5K ROAD RACE

### Training Program

For Those Who Have Run a 5K Before  
and Want to go Faster

Jeff not only trained himself to run a 5K in 13:41 as a US Olympian, he has coached hundreds of thousands of everyday runners to faster times and finishing accomplishment through Galloway training programs, retreats, running schools and books. His methods allow runners at all ability levels to reduce stress, enjoy the training while receiving the satisfaction and achievement of time improvement.

For more information visit [www.jeffgalloway.com](http://www.jeffgalloway.com) or [www.runinjuryfree.com](http://www.runinjuryfree.com).

Jeff Galloway | US Olympian | Official Training Consultant, IMT Des Moines Marathon



# TRAINING PROGRAM OVERVIEW

**01 Enjoy the Journey!** Each run can reduce stress, improve attitude, and enhance vitality for the rest of the day. By starting slowly, pacing yourself, and inserting “recovery breaks” you can feel good during and after each workout. This experience has empowered many to improve the quality of their lives in many other ways. Even if you have a tough speed session planned, be sure to enjoy the warm up and the warm down.

**02 Sign Up!** By registering for a 5K, and marking the date on your calendar, one is much more likely to do the training below to improve performance. Local running clubs or running stores can advise which courses are faster, and which races are well-organized.

**03 Set a realistic goal.** Most runners don't improve more than 2 minutes in a 5K during a 3 month training program.

**04 Count Back!** Schedule each training session. In your appointment book or calendar, write each workout listed below on the appropriate date. My GALLOWAY TRAINING JOURNAL has a year of entries with training tips. ([www.JeffGalloway.com](http://www.JeffGalloway.com))

**05 Go slowly on long runs!** If you avoid huffing and puffing, you can enjoy the runs as you develop the endurance to go the distance. Insert walk breaks from the beginning and pace yourself about 3-4 minutes per mile slower than a recent 5K race. You get the same endurance even if you run long runs slower than this pace. Inserting walk breaks as noted below will also speed recovery. Slow down additionally above 60F (14C): 30 sec per mile for every 5 degree increase above 60F (20 sec/KM slower for each 2C increase above 14C).



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**06 Stride Gently, whether walking or running.** Shorter strides are more efficient and reduce aches and pains. As runners get faster, stride length tends to shorten and cadence increases.

**07 Only 3 workouts a week!** The long one on the weekend gradually increases beyond race distance. The speed workouts listed below have been shown to improve finish time. For more information on nutrition, form, speed drills, and details on all of the workouts, get my book 5K/10K at [www.JeffGalloway.com](http://www.JeffGalloway.com).

**08 Write the date on your appointment calendar and enter the race.** Most races have online registration. Go to [www.Active.com](http://www.Active.com) and search for one in your area.

**09 Use the program below to train.** Your mission each day is to do the workout assigned.

**10 Make sure you are running gently enough on long runs** so that you are not huffing and puffing-even at the end.

**11 Don't begin this program unless you have run a slow long run of 2 miles** within 2 weeks of starting the program. If you have not run this long, increase the long run distance to this amount, slowly, and then start the program.

**12 Use the run-walk-run strategies** listed below on long runs to avoid aches, pains and injuries.

**13 Don't push into pain, stop the workout.** If the pain does not go away during an easy walk, the workout should be over.



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**14** **Recruit someone to join you.** Having an exercise partner improves motivation.

**15** **My book 5K/10K has the backup information for this program.**

**16** **This advice is given as one runner to another.** For medical information, see a doctor.

**17** **Cross training** will probably not help you improve your time. But it is fine to do non pounding cross training, on the other days of the week. It's best to not run the day before long runs and before speedwork or races.

**18** **Race Rehearsal--RR.** On Tuesday I suggest a "race rehearsal" (RR) segment, after a mile of--slow running and 4 acceleration-gliders. Run 2-3 miles at race pace, trying various walk break strategies as you time yourself: Walk breaks have allowed many runners to improve their times in 5Ks. Try it out and see how it works.



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**MAGIC MILE (MM) can help you monitor progress, and set a realistic goal on raceday** These should be done on the weeks noted on the schedule. The MM has been the best predictor of current potential and helps to set a realistic training pace. With this information, you can decide how hard to run during various situations. (If you have an injury, don't do the MM)

- Warm up for the MM with about 5 minutes of very easy running followed by 5 minutes of run 1-2 min/walk 30 seconds
- Do 4-6 acceleration-gliders as in the book -no sprinting
- Do the MM on a track if at all possible (or a very accurately measured segment)
- Time yourself for 4 laps (or an accurately measured mile). Start the watch at the beginning, and keep it running until you cross the finish of the 4th lap.
- On the first MM, don't run all-out: run at a pace that is only slightly faster than your current training pace.
- Only one MM is done on each day it is assigned.

- On each successive MM (usually 2 weeks later), your mission is to beat the previous best time.
- Don't ever push so hard that you hurt your feet, knees, etc.
- Jog slowly for the rest of the distance assigned on that day taking as many walk breaks as you wish.
- Compute your current potential in the 5K by using the performance function at [www.JeffGalloway.com](http://www.JeffGalloway.com). The result would be the maximum performance you could expect under ideal conditions on raceday. Adjust for non-ideal conditions.
- Suggested Long Run Training pace is 3-4 minutes per mile slower than predicted 5K pace.
- After you have run 3 of these MMs (not at one time--on different days) you'll see progress and will run them hard enough so that you are huffing and puffing during the second half.



# TRAINING PROGRAM OVERVIEW

## Walk breaks should be taken on long runs.

Walk breaks will allow the running body to recover, even as you are increasing distance. By inserting walk breaks from the beginning, you can erase fatigue and recover fast after even a long run. Here are the current strategies that work best for the long run paces listed.

- 7 min/mi—run 5 min/walk 20 sec
- 7:30/mi—run 5 min/walk 30 sec
- 8 min/mi—run 4 min/walk 30 seconds
- 8:30/mi—run 4 min/walk 45 sec
- 9 min/mi—run 4 min/walk 1 min (4-1)
- 10 min/mi—3-1
- 11 min/mi—2:30-1
- 12 min/mi—2-1
- 13 min/mi—1-1
- 14 min/mi—30 sec/30 sec
- 15 min/mi—30 sec run/45 sec walk
- 16 min/mi—20 sec run/40 sec walk
- 17 min/mi—15 sec run/45 sec walk
- 18 min/mi—10 sec run/50 sec walk

**Note:** There is a Run-walk-run timer (\$20) which signals when to run and when to walk ([www.JeffGalloway.com](http://www.JeffGalloway.com)).

## TIME GOAL WORKOUTS

1. Run each 400 during Tuesday's workout 8 seconds faster than goal pace per quarter mile.
2. Suggested long run pace is no faster than 3-4 min/mi slower than current 5K per mile pace or than MM predicted pace.
3. RR means "race rehearsal. Goal is to hit your goal pace.
4. Total mileage for MM days is listed. All mileage covered, including the MM and warm-up can be included in this total.

For additional IMT Des Moines Marathon event information visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com) and click on Train.

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# 5K ROAD RACE TRAINING SCHEDULE

JULY 21 <sup>ST</sup>	JULY 23 <sup>RD</sup>	JULY 26 <sup>TH</sup>
45 min with MM	4 x 400*	3 miles

JULY 28 <sup>TH</sup>	JULY 30 <sup>TH</sup>	AUGUST 02 <sup>ND</sup>
45 min with RR	6 x 400*	4 miles

AUGUST 04 <sup>TH</sup>	AUGUST 06 <sup>TH</sup>	AUGUST 09 <sup>TH</sup>
45 min with MM	8 x 400*	3 miles

AUGUST 11 <sup>TH</sup>	AUGUST 13 <sup>TH</sup>	AUGUST 16 <sup>TH</sup>
45 min with RR	10 x 400*	5 miles

AUGUST 18 <sup>TH</sup>	AUGUST 20 <sup>TH</sup>	AUGUST 23 <sup>RD</sup>
45 min with MM	12 x 400*	3 miles with MM

AUGUST 25 <sup>TH</sup>	AUGUST 27 <sup>TH</sup>	AUGUST 29 <sup>TH</sup>
45 min with RR	13 x 400*	6.5 miles

SEPTEMBER 01 <sup>ST</sup>	SEPTEMBER 03 <sup>RD</sup>	SEPTEMBER 05 <sup>TH</sup>
45 min with MM	14 x 400*	3 miles with MM

SEPTEMBER 08 <sup>TH</sup>	SEPTEMBER 10 <sup>TH</sup>	SEPTEMBER 12 <sup>TH</sup>
45 min with RR	6 x 400*	8 miles

SEPTEMBER 15 <sup>TH</sup>	SEPTEMBER 17 <sup>TH</sup>	SEPTEMBER 19 <sup>TH</sup>
45 min with RR	15 x 400*	3 miles with MM

SEPTEMBER 22 <sup>ND</sup>	SEPTEMBER 24 <sup>TH</sup>	SEPTEMBER 26 <sup>TH</sup>
45 min with RR	4 x 400*	5K Goal Race

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# 5K ROAD RACE TRAINING SCHEDULE

<b>SEPTEMBER 29<sup>TH</sup></b>	<b>OCTOBER 01<sup>ST</sup></b>	<b>OCTOBER 03<sup>RD</sup></b>
45 min with RR	15 x 400*	8 miles slow run

<b>OCTOBER 06<sup>TH</sup></b>	<b>OCTOBER 08<sup>TH</sup></b>	<b>OCTOBER 10<sup>TH</sup></b>
45 min with RR	4 x 400*	5K Goal Race

<b>OCTOBER 17<sup>TH</sup></b>
★ <b>THE PRINCIPAL FINANCIAL GROUP 5K ROAD RACE</b> ★

**\*SPEED THURSDAYS:** Do a speed workout on a 400 meter track or an accurately measured segment of .25 mi. Warm up with an easy run of 5-10 minutes. Do 4-8 acceleration-gliders (don't sprint), building up to workout pace. Walk/jog 200 meters between each repetition. Jog slowly for 10-15 minutes after the workout.

