



**STREET
PARKING**

✖



aerobic
capacity

5K PROGRAM

PACING



EASY: 60-70%

SUSTAINABLE AND VERY COMFORTABLE

MODERATE: 75-80%

SUSTAINABLE / SLIGHTLY UNCOMFORTABLE

FAST: 85-90%

UNCOMFORTABLE BUT SUSTAINABLE

FASTER: 90-95%

UNCOMFORTABLE BORDERING
ON UNSUSTAINABLE

FASTEST: 95-100%

EXTREMELY UNCOMFORTABLE
AND UNSUSTAINABLE

SPRINT

ALL OUT

MONDAY

SPEED / RUN 1

RUN 800 M - MODERATE
REST 45 SECONDS
RUN 200 M - FAST
REST 2 MIN
RUN 600 M - MODERATE
REST 45 SECONDS
RUN 200 - FAST
REST 2 MIN
RUN 400 - MODERATE
REST 45 SECONDS
RUN 200 - FAST

Total: 2400m

SCORE: TOTAL TIME

GOAL= Don't worry as much about total time. Try to match all 200 meter FAST times. Do not mess up paces to improve score.

SATURDAY

ENDURANCE / RUN 3

2 MILES - EASY
REST 3 MIN

2 ROUNDS
SPRINT 40 METERS
FULL REST AND RECOVERY BETWEEN SPRINTS

2 ROUNDS
SPRINT 60 METERS
FULL REST AND RECOVERY BETWEEN SPRINTS

SCORE: 2 MILE TIME

GOAL: Don't go fast. Ha ha. This is meant to just get you running EASY for 2 miles straight. Keep the same pace throughout. A pace that is easy and SUPER sustainable. Going all out is NOT part of the program and will actually throw you off for the intended training stimulus.

TUESDAY

MODERATE INTENSITY

STREET PARKING WORKOUT

TODAY YOU SHOULD HIT AN SP WORKOUT AT 80% OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS THAT DON'T HAVE SCHEDULED REST. (AKA NOT SPRINT TYPE INTERVALS)

SOMETHING LIKE A 12-20 MIN AMRAP WITH BODYWEIGHT OR MODERATE LOADING WOULD BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING LOADING OR REPS.

SEE WRITE UP FOR MORE INFO.

SUNDAY / REST DAY

STREET PARKING

MAINTENANCE

BEST 3 SP MAINTENANCE OPTIONS FOR 5K
TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

**See Street Parking Members Only for all Maintenance Videos!

WEDNESDAY

THRESHOLD / RUN 2

RUN 1000 M - MODERATE
REST 3 MIN
1000 M - EASY
REST 2 MIN
1000 M - MODERATE
REST 3 MIN

STRAIGHT INTO:
4 ROUNDS
100 METER SPRINT
WALK 100 METERS

NO REST BETWEEN. GO RIGHT FROM WALK INTO NEXT SPRINT.

Total: 3400m

SCORE: TOTAL TIME

GOAL: Don't mess up paces to get a better score. Hit those SPRINTS hard! Try to have them all be the same time. Learn how to SPRINT and recover to SPRINT again when you are already fatigued.

**This workout teaches us how to sprint the last 400 Meters to finish off strong at the end of our race when our legs and systems are already fatigued!

THURSDAY

HIGH INTENSITY

STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE MOST TAXING SP WORKOUT OF THE WEEK

GOOD OPTIONS FOR THIS ONEARE WORKOUTS WITH SCHEDULEDREST (LIKE REST BETWEEN ROUNDSWHERE THE GOAL IS TO GO ALL OUT EACH TIME)

OTHER OPTIONS ARE WORKOUTS THAT WILL PUSH YOU TO MOVE HEAVIER LOAD OR A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS OR POWER CLEANS. BOX JUMPS OR JUMP OVERS. THINGS LIKE THAT.

ALSO A GREAT DAY TO ADD IN ANY ADDITIONAL LIFTING YOU WANT TO DO.

SEE WRITE UP FOR MORE INFO

FRIDAY

STREET PARKING

BUTTS AND GUTS

BUTTS AND GUTS IS SPECIFICALLY DESIGNED TO STRENGTHEN THE GLUTES, HAMSTRINGS AND CORE.

KEEPING THESE MUSCLES STRONG IS CRITICAL TO INJURY PREVENTION AND ALSO HAVING A POWERFUL SPRINT.

WEEK 1

5.7 TOTAL MILES

MONDAY

SPEED / RUN 1

2 ROUNDS
RUN 500 M - MODERATE
REST 2 MIN
RUN 400 M - FAST
REST 2 MIN
RUN 300 M - FASTER
REST 2 MIN
RUN 200 M - FASTEST
REST 2 MIN

Total: 2800 M

When it says to go FASTER for each one - that means the speed of your actual PACE (how quickly you are moving) get's faster. Not just the time of each distance. So push the PACE faster on each one.

SCORE: Total Time
(including rest)

Goal: As always - it's not about your score - it's about holding proper pace. Work to have Round 2 paces match Round 1 paces.

TUESDAY

MODERATE INTENSITY

STREET PARKING WORKOUT

TODAY YOU SHOULD HIT AN SP WORKOUT AT 80% OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS THAT DON'T HAVE SCHEDULED REST. (AKA NOT SPRINT TYPE INTERVALS)

SOMETHING LIKE A 12-20 MIN AMRAP WITH BODYWEIGHT OR MODERATE LOADING WOULD BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING LOADING OR REPS.

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SATURDAY

ENDURANCE / RUN 3

2 MILES AT EASY PACE

REST 3 MIN

2 ROUNDS:
SPRINT 60 METERS
REST AS NEEDED TO FULLY RECOVER

2 ROUNDS
SPRINT 80 METERS
REST AS NEEDED TO FULLY RECOVER

SCORE: 2 MILE TIME

GOAL: Don't go fast. Ha ha. This is meant to just get you running EASY for 2 miles straight. Keep the same pace throughout. A pace that is easy and SUPER sustainable. Going all out is NOT part of the program and will actually throw you off for the intended training stimulus.

WEDNESDAY

THRESHOLD / RUN 2

2 ROUNDS
RUN 200 M - MODERATE
100 M - RECOVERY JOG
RUN 400 M - MODERATE
200 M - RECOVERY JOG
600 M - MODERATE
300 M - RECOVERY JOG
RUN 100 M - FAST
REST 2 MIN

Total: 3800 M

SCORE: TOTAL TIME (including rest)

GOAL: As always - do not mess up paces to improve score. Aim to push the 100 meter runs. Go SLOW on the recovery jogs. Aim to make Round 1 time and Round 2 time the same.

SUNDAY / REST DAY

STREET PARKING

MAINTENANCE

BEST 3 SP MAINTENANCE
OPTIONS FOR 5K
TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

**See Street Parking Members
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THURSDAY

HIGH INTENSITY

STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE MOST TAXING SP WORKOUT OF THE WEEK

GOOD OPTIONS FOR THIS ONE ARE WORKOUTS WITH SCHEDULED REST (LIKE REST BETWEEN ROUNDS WHERE THE GOAL IS TO GO ALL OUT EACH TIME)

OTHER OPTIONS ARE WORKOUTS THAT WILL PUSH YOU TO MOVE HEAVIER LOAD OR A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS OR POWER CLEANS. BOX JUMPS OR JUMP OVERS. THINGS LIKE THAT.

ALSO A GREAT DAY TO ADD IN ANY ADDITIONAL LIFTING YOU WANT TO DO.

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FRIDAY

STREET PARKING

BUTTS AND GUTS

BUTTS AND GUTS IS SPECIFICALLY DESIGNED TO STRENGTHEN THE GLUTES, HAMSTRINGS AND CORE.

KEEPING THESE MUSCLES STRONG IS CRITICAL TO INJURY PREVENTION AND ALSO HAVING A POWERFUL SPRINT.

WEEK 2

6.4 MILES TOTAL

MONDAY SPEED / RUN 1

RUN 200 M - FAST
75 SECOND REST
RUN 200 M - FAST
75 SECOND REST
RUN 600 M - MODERATE
NO REST
RUN 200 M - FAST
75 SECOND REST
RUN 600 M - MODERATE
NO REST
RUN 200 M - FAST
75 SECOND REST
RUN 400 M - MODERATE
NO REST
RUN 200 - FAST

Total: 2600 M

SCORE: TOTAL TIME
(including rest)

GOAL: This workout is to teach us how to start strong - find a pace - get a few strong surges - settle back in - and finish strong at the end. Do NOT mess up the paces to get a better score. Try to make the paces for 600s and 400 the same and the paces for 200s the same.

SATURDAY ENDURANCE / RUN 3

3 MILE RUN - MODERATE

EVERY 3 MIN DURING RUN DO A 15 SECOND ACCELERATION.

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE
15 SECOND ACCELERATION = PICK UP THE SPEED FOR 15 SECONDS

SCORE: TOTAL TIME (Do not go harder than MODERATE to get a better score)

GOAL: Learning how to push the pace a few times throughout a steady state run - maybe even picture PASSING someone!

TUESDAY MODERATE INTENSITY STREET PARKING WORKOUT

TODAY YOU SHOULD HIT AN SP WORKOUT AT 80% OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS THAT DON'T HAVE SCHEDULED REST. (AKA NOT SPRINT TYPE INTERVALS)

SOMETHING LIKE A 12-20 MIN AMRAP WITH BODYWEIGHT OR MODERATE LOADING WOULD BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING LOADING OR REPS.

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WEDNESDAY THRESHOLD / RUN 2

2 ROUNDS

RUN 1000 M - MODERATE
REST 3 MIN
RUN 400 M - FAST
REST 3 MIN
RUN 600 M - FAST
REST 5 MIN

Total: 4000 M

SCORE: TOTAL TIME (including rest)

GOAL: Your FAST for 400 and 600 are not the same necessarily. They are fast and 80% effort for that distance - 400 will be a bit faster than 600. Do not mess up paces to get a better score. The rest is important!

THURSDAY HIGH INTENSITY STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE MOST TAXING SP WORKOUT OF THE WEEK

GOOD OPTIONS FOR THIS ONE ARE WORKOUTS WITH SCHEDULED REST (LIKE REST BETWEEN ROUNDS WHERE THE GOAL IS TO GO ALL OUT EACH TIME)

OTHER OPTIONS ARE WORKOUTS THAT WILL PUSH YOU TO MOVE HEAVIER LOAD OR A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS OR POWER CLEANS. BOX JUMPS OR JUMP OVERS. THINGS LIKE THAT.

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FRIDAY STREET PARKING BUTTS AND GUTS

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KEEPING THESE MUSCLES STRONG IS CRITICAL TO INJURY PREVENTION AND ALSO HAVING A POWERFUL SPRINT.

SUNDAY / REST DAY STREET PARKING MAINTENANCE

BEST 3 SP MAINTENANCE OPTIONS FOR 5K TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

**See Street Parking Members Only for all Maintenance Videos!

WEEK 3

7.2 MILES TOTAL

MONDAY SPEED / RUN 1

**There should be at least
1 day between run sessions.

RUN 300 M - FAST
1 MIN REST
RUN 400 M - MODERATE/FAST
2 MIN REST
RUN 500 M - MODERATE/FAST
2 MIN REST
RUN 600 M - MODERATE
2 MIN REST
RUN 500 M - MODERATE/FAST
2 MIN REST
RUN 400 M - MODERATE/FAST
2 MIN REST
RUN 300 M - FAST

Total: 3000 M

SCORE = TOTAL TIME
(including rest)

GOAL = Play around with pushing
past your normal MODERATE pace
during the MODERATE/FAST
sections today!

SATURDAY ENDURANCE / RUN 3

RUN 2 MILES - EASY

REST 3 MIN

2 ROUNDS
SPRINT 80 M
FULL RECOVERY

2 ROUNDS
SPRINT 100
FULL RECOVERY

2 ROUNDS
SPRINT 200
FULL RECOVERY

SCORE: Total Time for 2 Miles Only

GOAL: Each of the sprint distances will
be slower in pace because the distances
are longer. But they should be 90% effort
for THOSE distances. Rest as needed
to go 90% again for each.

TUESDAY MODERATE INTENSITY STREET PARKING WORKOUT

TODAY YOU SHOULD HIT
AN SP WORKOUT AT 80%
OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS
THAT DON'T HAVE SCHEDULED
REST. (AKA NOT SPRINT TYPE
INTERVALS)

SOMETHING LIKE A 12-20 MIN
AMRAP WITH BODYWEIGHT
OR MODERATE LOADING WOULD
BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING
LOADING OR REPS.

SEE WRITE UP FOR MORE INFO.

SUNDAY / REST DAY STREET PARKING MAINTENANCE

BEST 3 SP MAINTENANCE
OPTIONS FOR 5K
TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

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WEDNESDAY THRESHOLD / RUN 2

**There should be at least
1 day between run sessions.

RUN 1200 M - EASY
REST 2 MIN
RUN 1200 M - MODERATE
REST 2 MIN
RUN 1200 M - EASY
REST 2 MIN

STRAIGHT INTO

6 ROUNDS
SPRINT 100 M
REST 30 SECONDS

Total: 4200 M

SCORE = TOTAL TIME (including rest)

GOAL = Keep the EASY sections EASY.
MODERATE 1200 should be faster than
other 2. Push pace on the sprints but
aim to make all of them the same pace.

THURSDAY HIGH INTENSITY STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE
MOST TAXING SP WORKOUT
OF THE WEEK

GOOD OPTIONS FOR THIS
ONEARE WORKOUTS WITH
SCHEDULEDREST (LIKE REST
BETWEEN ROUNDSWHERE THE
GOAL IS TO GO ALL OUT
EACH TIME)

OTHER OPTIONS ARE WORKOUTS
THAT WILL PUSH YOU TO
MOVE HEAVIER LOAD OR
A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS
OR POWER CLEANS.
BOX JUMPS OR JUMP
OVERS. THINGS LIKE THAT.

ALSO A GREAT DAY TO ADD
IN ANY ADDITIONAL
LIFTING YOU WANT TO DO.

SEE WRITE UP FOR MORE INFO

FRIDAY STREET PARKING BUTTS AND GUTS

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DESIGNED TO STRENGTHEN THE
GLUTES, HAMSTRINGS AND CORE.

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IS CRITICAL TO INJURY PREVENTION
AND ALSO HAVING A POWERFUL
SPRINT.

WEEK 4

6.8 MILES TOTAL

MONDAY SPEED / RUN 1

RUN 2000 M- MODERATE

REST 6 MIN

ONE ROUND

RUN 200 M- MODERATE

100 M RECOVERY WALK

RUN 400 M - FAST

100 M RECOVERY WALK

RUN 300 M - FAST (FASTER THAN THE 400)

TOTAL: 3100 M

MODERATE = 75-80% - SUSTAINABLE / SLIGHTLY UNCOMFORTABLE RECOVERY WALK = WALK AT A PACE YOU NEED TO WALK TO RECOVER FAST = 85-90% - UNCOMFORTABLE BUT SUSTAINABLE

SCORE: RECORD TOTAL TIME - DO NOT MESS UP PACES FOR BETTER SCORE. NOTE 2000M TIME IN COMMENTS

GOAL: PRE-FATIGUE IN THE 2000 METER RUN AND THEN TEACHING YOUR BODY HOW TO FIND A HARD FINISH!

SATURDAY ENDURANCE / RUN 3

4 MILES AT EASY PACE

REST 5 MIN

3 ROUNDS

RUN 150 M - SPRINT

REST AND RECOVERY COMPLETELY BETWEEN SPRINTS

TOTAL: 6400 METERS (PLUS 450)

SCORE: TOTAL TIME FOR 4 MILES ONLY. DON'T MESS UP EASY PACE TO GET A BETTER SCORE.

GOAL: WALK IF YOU NEED TO BUT TRY YOUR BEST NOT TO. YOU'VE GOT THIS. KEEP A SUPER CHILL PACE.

**If this distance is already a stretch for you, or if you really pushed the rest of your training this week- skip the sprints!

TUESDAY MODERATE INTENSITY STREET PARKING WORKOUT

TODAY YOU SHOULD HIT AN SP WORKOUT AT 80% OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS THAT DON'T HAVE SCHEDULED REST. (AKA NOT SPRINT TYPE INTERVALS)

SOMETHING LIKE A 12-20 MIN AMRAP WITH BODYWEIGHT OR MODERATE LOADING WOULD BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING LOADING OR REPS.

SEE WRITE UP FOR MORE INFO.

WEDNESDAY THRESHOLD / RUN 2

RUN 3200 M - EASY
NO REST
RUN 1600 M - MODERATE

TOTAL: 4800 M

SCORE: TIME FOR THE WHOLE THING. DON'T MESS UP PACES! PUT TIME FOR FINAL 1600 IN COMMENTS.

GOAL: LEARNING TO PACE AND NOT COME OUT TO HOT. FINISHING STRONG!

THURSDAY HIGH INTENSITY STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE MOST TAXING SP WORKOUT OF THE WEEK

GOOD OPTIONS FOR THIS ONE ARE WORKOUTS WITH SCHEDULED REST (LIKE REST BETWEEN ROUNDS WHERE THE GOAL IS TO GO ALL OUT EACH TIME)

OTHER OPTIONS ARE WORKOUTS THAT WILL PUSH YOU TO MOVE HEAVIER LOAD OR A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS OR POWER CLEANS. BOX JUMPS OR JUMP OVERS. THINGS LIKE THAT.

ALSO A GREAT DAY TO ADD IN ANY ADDITIONAL LIFTING YOU WANT TO DO.

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FRIDAY STREET PARKING BUTTS AND GUTS

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KEEPING THESE MUSCLES STRONG IS CRITICAL TO INJURY PREVENTION AND ALSO HAVING A POWERFUL SPRINT.

SUNDAY / REST DAY STREET PARKING MAINTENANCE

BEST 3 SP MAINTENANCE OPTIONS FOR 5K TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

**See Street Parking Members Only for all Maintenance Videos!

WEEK 5

9.2 MILES TOTAL

MONDAY SPEED / RUN 1

6 ROUNDS
RUN 200 M - EASY
RUN 300 M - FAST
RUN 200 M - FASTER

REST 90 SECONDS BETWEEN
ROUNDS

TOTAL: 4200 M

SCORE: TOTAL TIME INCLUDING
REST. DON'T MESS UP PACES
TO GET A BETTER SCORE.

GOAL: EACH ROUND SHOULD
BE ROUGHLY THE SAME TIME.
LEARN HOW TO FIND THESE
PACES.

SATURDAY ENDURANCE / RUN 3

RUN 3 MILES - EASY

TOTAL: 4800 M

EASY= 60-70% SUSTAINABLE AND
VERY COMFORTABLE

SCORE: TOTAL TIME. KEEP IT EASY!!!

GOAL: SAME COMFORTABLE PACE
THE WHOLE TIME. JUST ANOTHER
CHANCE TO GET THE BODY USED
TO BEING ON THE FEET FOR
THIS LONG.

TUESDAY MODERATE INTENSITY STREET PARKING WORKOUT

TODAY YOU SHOULD HIT
AN SP WORKOUT AT 80%
OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS
THAT DON'T HAVE SCHEDULED
REST. (AKA NOT SPRINT TYPE
INTERVALS)

SOMETHING LIKE A 12-20 MIN
AMRAP WITH BODYWEIGHT
OR MODERATE LOADING WOULD
BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING
LOADING OR REPS.

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WEDNESDAY THRESHOLD / RUN 2

4 ROUNDS

RUN 300 M - MODERATE
RUN 100 M - FAST

AFTER ALL 4 ROUNDS REST 4 MIN

THEN

RUN 300 M - EASY
RUN 300 M - MODERATE

REST 2 MIN

RUN 200 M - MODERATE
RUN 200 M - FAST

REST 1 MIN

RUN 100 M - FAST
RUN 100 M - SPRINT

TOTAL: 2800 M

SCORE: TOTAL TIME. DO NOT MESS
UP PACES TRYING TO GET A BETTER
SCORE.

GOAL: PLAY AROUND WITH PACING
AND SEE HOW YOU RECOVER.

IT IS IMPORTANT TO LEARN WHERE
YOUR BOUNDARIES ARE. THEN OF COURSE -
FINISH STRONG!

THURSDAY HIGH INTENSITY STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE
MOST TAXING SP WORKOUT
OF THE WEEK

GOOD OPTIONS FOR THIS
ONE ARE WORKOUTS WITH
SCHEDULED REST (LIKE REST
BETWEEN ROUNDS WHERE THE
GOAL IS TO GO ALL OUT
EACH TIME)

OTHER OPTIONS ARE WORKOUTS
THAT WILL PUSH YOU TO
MOVE HEAVIER LOAD OR
A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS
OR POWER CLEANS.
BOX JUMPS OR JUMP
OVERS. THINGS LIKE THAT.

ALSO A GREAT DAY TO ADD
IN ANY ADDITIONAL
LIFTING YOU WANT TO DO.

SEE WRITE UP FOR MORE INFO

FRIDAY STREET PARKING BUTTS AND GUTS

BUTTS AND GUTS IS SPECIFICALLY
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KEEPING THESE MUSCLES STRONG
IS CRITICAL TO INJURY PREVENTION
AND ALSO HAVING A POWERFUL
SPRINT.

SUNDAY / REST DAY STREET PARKING MAINTENANCE

BEST 3 SP MAINTENANCE
OPTIONS FOR 5K
TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

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WEEK 6

7.3 MILES TOTAL

MONDAY SPEED / RUN 1

RUN 200 METERS - FAST
REST 1 MIN
RUN 200 METERS - FAST
REST 1 MIN
RUN 400 M - MODERATE
REST 1 MIN
RUN 200 M - MODERATE/FAST
REST 1 MIN
RUN 200 M - MODERATE/FAST
REST 1 MIN
RUN 400 METERS - MODERATE
REST 1 MIN
RUN 200 M - FAST
REST 1 MIN
RUN 200 M - FAST

TOTAL: 2000 M

SCORE: TOTAL TIME
INCLUDING REST. DO NOT
MESS UP PACES TO GET A
BETTER SCORE

GOAL: EACH 200 SHOULD BE
FASTER THAN THE ONE BEFORE
IT. BOTH 400S ARE MODERATE

SATURDAY ENDURANCE / RUN 3

RUN 2 MILES - EASY

TOTAL: 3200 M

EASY = 60-70% SUSTAINABLE
AND VERY COMFORTABLE

SCORE: TOTAL TIME.
KEEP IT EASY!

GOAL: GET SOME TIME ON
YOUR FEET BUT TAPER
DOWN A BIT!!

TUESDAY MODERATE INTENSITY STREET PARKING WORKOUT

TODAY YOU SHOULD HIT
AN SP WORKOUT AT 80%
OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS
THAT DON'T HAVE SCHEDULED
REST. (AKA NOT SPRINT TYPE
INTERVALS)

SOMETHING LIKE A 12-20 MIN
AMRAP WITH BODYWEIGHT
OR MODERATE LOADING WOULD
BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING
LOADING OR REPS.

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WEDNESDAY THRESHOLD / RUN 2

RUN 1200 M - MODERATE
REST 4 MIN
RUN 200 M - SPRINT
REST 2 MIN
RUN 1000 M- MODERATE/FAST
REST 3 MIN

5 ROUNDS
RUN 100 - SPRINT
30 SEC WALK

AFTER FINAL 30 SEC WALK

RUN 800 M - MODERATE

TOTAL: 3900 M

SCORE: TOTAL TIME INCLUDING
REST. DON'T MESS UP PACES TO
GET A BETTER SCORE.

GOAL: THE "PACE" (NOT THE TIME
IT TAKES TO COMPLETE BUT THE
GENERAL PACE) OF THE 800 SHOULD
BE THE SAME AS THE 1200 AND 1000
FROM BEFORE ALL OF THE SPRINTING.

THURSDAY HIGH INTENSITY STREET PARKING WORKOUT

THIS WORKOUT CAN BE THE
MOST TAXING SP WORKOUT
OF THE WEEK

GOOD OPTIONS FOR THIS
ONE ARE WORKOUTS WITH
SCHEDULED REST (LIKE REST
BETWEEN ROUNDS WHERE THE
GOAL IS TO GO ALL OUT
EACH TIME)

OTHER OPTIONS ARE WORKOUTS
THAT WILL PUSH YOU TO
MOVE HEAVIER LOAD OR
A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS
OR POWER CLEANS.
BOX JUMPS OR JUMP
OVERS. THINGS LIKE THAT.

ALSO A GREAT DAY TO ADD
IN ANY ADDITIONAL
LIFTING YOU WANT TO DO.

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FRIDAY STREET PARKING BUTTS AND GUTS

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SPRINT.

SUNDAY / REST DAY STREET PARKING MAINTENANCE

BEST 3 SP MAINTENANCE
OPTIONS FOR 5K
TRAINING:

HIPS

SCIATICA/PIRIFORMIS

HAMSTRINGS

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WEEK 7

5.7 MILES TOTAL

**MONDAY
SPEED / RUN 1**

RUN 200 METERS - FAST
REST 2 MIN
RUN 200 METERS - FAST
REST 2 MIN
RUN 400 METERS - MODERATE/FAST
REST 2 MIN
RUN 800 METERS - MODERATE REST
2 MIN
RUN 400 METERS - EASY
REST 2 MIN
RUN 200 METERS - FAST
REST 2 MIN
RUN 200 METERS - FAST
REST 2 MIN

TOTAL: 2400 METERS

SCORE: TOTAL TIME.

GOAL: Do NOT shorten rest or mess up paces to get a better score. This is to teach us how to find and hold our paces - use a short recovery window but keep moving, and then pick it back up again.

**TUESDAY
MODERATE INTENSITY
STREET PARKING WORKOUT**

TODAY YOU SHOULD HIT AN SP WORKOUT AT 80% OR NOT TRACK YOUR SCORE.

GOOD OPTIONS ARE WORKOUTS THAT DON'T HAVE SCHEDULED REST. (AKA NOT SPRINT TYPE INTERVALS)

SOMETHING LIKE A 12-20 MIN AMRAP WITH BODYWEIGHT OR MODERATE LOADING WOULD BE A GREAT OPTION.

OR AN EMOM WITHOUT PUSHING LOADING OR REPS.

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**WEDNESDAY
THRESHOLD / RUN 2**

RUN 1600 - EASY

REST 2 MIN

THEN

4 ROUNDS
SPRINT 200 METERS
REST 2 MIN

SCORE: TOTAL TIME FOR 1600 M (1 MILE) ONLY.

Goal: Take it easy. We are tapering down for your run!

**This session should be at 2-3 days before your race.

**THURSDAY
HIGH INTENSITY
STREET PARKING WORKOUT**

THIS WORKOUT CAN BE THE MOST TAXING SP WORKOUT OF THE WEEK

GOOD OPTIONS FOR THIS ONE ARE WORKOUTS WITH SCHEDULED REST (LIKE REST BETWEEN ROUNDS WHERE THE GOAL IS TO GO ALL OUT EACH TIME)

OTHER OPTIONS ARE WORKOUTS THAT WILL PUSH YOU TO MOVE HEAVIER LOAD OR A LOT OF EXPLOSIVE MOVEMENT

HEAVY DEADLIFTS/BACK SQUATS OR POWER CLEANS, BOX JUMPS OR JUMP OVERS. THINGS LIKE THAT.

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**FRIDAY
REST DAY!**

SATURDAY / SUNDAY

RACE DAY!

**WEEK 8
6.1 MILES TOTAL**

