

RUN CLUB TRAINING PLAN - 5K

9 WEEKS

WEEK 1-3

BLOCK I BASE

"Go Fast Alone, Go Far Together"

WEEK 1

MON

30
MIN
BASE

TUE

10
MIN
TEMPO

THU

30
MIN
BASE

FRI

5X
60 SEC
INTERVAL

SAT

4
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day

WEEK 2

MON

35
MIN
BASE

TUE

15
MIN
TEMPO

THU

35
MIN
BASE

FRI

5X
90 SEC
INTERVAL

SAT

5
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day

WEEK 2

MON

40
MIN
BASE

TUE

10+10
MIN
TEMPO

THU

40
MIN
BASE

FRI

5X
2 MIN
INTERVAL

SAT

6
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day



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RACEREADYEVENTS.COM/CLUB

RUN CLUB TRAINING PLAN - 5K

9 WEEKS

WEEK 4-6

BLOCK II SHARPEN

"One Run Changes Today, Many Runs
Change Your Life"

WEEK 4

MON

45
MIN
BASE

TUE

20
MIN
TEMPO

THU

45
MIN
BASE

FRI

6X
60 SEC
INTERVAL

SAT

7
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day

WEEK 5

MON

45
MIN
BASE

TUE

15+15
MIN
TEMPO

THU

45
MIN
BASE

FRI

6X
90 SEC
INTERVAL

SAT

8
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day

WEEK 6

MON

45
MIN
BASE

TUE

30
MIN
TEMPO

THU

45
MIN
BASE

FRI

6X
2 MIN
INTERVAL

SAT

9
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day



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RUN CLUB TRAINING PLAN - 5K

9 WEEKS

WEEK 7-9

BLOCK III PEAK

"You didn't get this far to only go this far"

WEEK
7

MON

45
MIN
BASE

TUE

20+20
MIN
TEMPO

THU

45
MIN
BASE

FRI

7X
90 SEC
INTERVAL

SAT

10
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day

WEEK
8

MON

45
MIN
BASE

TUE

40
MIN
TEMPO

THU

45
MIN
BASE

FRI

7X
2 MIN
INTERVAL

SAT

8
MILE
LONG RUN

Wednesday = Huntsville Pub Run | 1x Full Rest Day

WEEK
9

MON

45
MIN
BASE

TUE

5-4-3-2-1
TEMPO
TEST

THU

30
MIN
BASE

FRI

30 MIN
SHAKE
OUT

SAT

RCM 5K
RACE
DAY!

Wednesday = Huntsville Pub Run | Sunday RACE Day



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RUN CLUB GLOSSARY

GET RACE READY!

BASE (EASY/ZONE 2)

Majority of our training volume mileage. The goal is to run at 75% of your max HR. Tests for RPE include breathing only through your nose, or the ability to hold a conversation or sing-along out loud.

TEMPO (THRESHOLD)

Designed to be performed at a pace that is comfortably hard, typically around 80% of your maximum HR. The goal is to enhance the body's ability to sustain a faster pace for longer periods.

INTERVAL (REPEATS)

Its name highlights the unique structure of these workouts, which alternates between high-intensity bursts and lower-intensity recovery periods. Recovery can be Active or Inactive.

THE LONG RUN

Builds endurance, improves mental toughness, and helps practice fueling strategies. 20-30% of Total weekly mileage. Mostly ran at Easy Pace, but often includes other types of effort in the workout.

OTHER TERMS

VOLUME Amount of miles you are running in over a set period

BLOCK An organized training period meant to stack & improve

RPE Rate of Perceived Exertion. How hard it feels out of 1-10

PACE Speed measure in min per mile (8:00 min/mile)

CADENCE How many steps you take per minute (Goal: 160-180)