

























5K TRAINING PLAN | ADVANCED

LIFETIME CHICAGO
HALF MARATHON + 5K

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------------------|---|-------------------------------|--|--|---|---|---|
| Week 1 JULY 6-12 | 3-mi EZ + 6x20sec strides w/ 60sec rest or walk back to start. | 2-3mi EZ or 30min cross train | Cross train 30-60min  Suggestion: ARORA pilates w/ Danica | 3mi EZ | Cross train 30-60min  Suggestion: Express Total Body Strength w/ Nikki | "1mile time trial (all out) w/ 1mi WU & 1mi CD" | Day off or EZ cross training  Suggestion: Mindful Flow w/ Damien |
| Week 2 JULY 13-19 | Hill run 15-20min a hilly course or do on treadmill as 8x1min @ 4-5% incline @ EZ pace w/ 1min EZ 0% rec. | 3mi EZ or 30min cross train | Cross train 30-45min  Suggestion: Fit 4 Life w/ Jasmine | 3mi EZ | Cross train 30-60min  Suggestion: Barre w/ JJ | 4mi EZ | Day off or EZ cross training  Suggestion: Express Roll and Recover w/ Danica |
| Week 3 JULY 20-26 | 3-4mi EZ + 6-8x20sec strides w/ 60sec rest or walk back to start. | 3mi EZ or 30min cross train | Cross train 30-60min  Suggestion: Dance Jam w/ Laura | 3-4mi EZ | Cross train 30-60min  Suggestion: Studio Cycle w/ Gerry | 4-5mi EZ | Day off or EZ cross training  Suggestion: Root w/ Suzanne |
| Week 4 JULY 27 - AUGUST 2 | Speed 10x1min @ 1mile pace w/ 90sec walk rec. 4-5mi total. | 3mi EZ or 30min cross train | Cross train 30-60min  Suggestion: En Barre w/ Suzanne | 3mile progressive run. Start first mile easy and get faster every 1mile with the last one being near race pace | Cross train 30-60min  Suggestion: Hip Hop w/ Laura | 5mi EZ | Day off or EZ cross training  Suggestion: Root Express w/ Tonya |









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| Week 5 AUGUST 3-9 | Speed 10x90sec @ 1mile pace w/ 90sec walk rec. 4-5mi total. | 3mi EZ or 30min cross train | Cross train 30-60min  Suggestion: Core w/ Suzanne | 3-4mi EZ | Cross train 30-60min  Suggestion: EDG w/ Abrea | 5-6mi EZ | Day off or EZ cross training  Suggestion: Mindful Flow w/ Damien |
| Week 6 AUGUST 10-16 | Speed 8x120sec @ 1mile pace w/ 90sec walk rec. 4-5mi total. | 4mi EZ or 40min cross train | Cross train 30-60min  Suggestion: Gluteus MAXout w/ Christine | 3mile progressive run. Start first mile easy and get faster every 1mile with the last one being near race pace | Cross train 30-60min  Suggestion: AMP w/ Ryan | 5-6mi EZ | Day off or EZ cross training  Suggestion: Express Roll and Recover w/ Danica |
| Week 7 AUGUST 17-23 | 4-5mi EZ | 4mi EZ or 40min cross train | Cross train 30-60min  Suggestion: Hip Hop w/ Rawlins | 8x2' @ race pace w/ 60-90sec jog recovery. 4mi total | Cross train 30-60min  Suggestion: Barre w/ Laura | 6-7mi EZ | Day off or EZ cross training  Suggestion: Root w/ Suzanne |
| Week 8 AUGUST 24-30 | Track 8-10x400 @ 5k pace w/ 200m jog rest. 4-5mi total. | 4mi EZ or 40min cross train | Cross train 30-60min  Suggestion: AMP w/ Jamaal | 4x5' @ race pace w/ 120sec jog recovery. 4mi total | Cross train 30-60min  Suggestion: Gluteus MAXout w/ Christine | 6-8mi EZ | Day off or EZ cross training  Suggestion: Root Express w/ Tonya |

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| Week 9 AUGUST 31 - SEPTEMBER 6 | Track 8x800 @ 5k pace w/ 400m jog rest. 4-5mi total. | 4mi EZ or 40min cross train | Cross train 30-60min  Suggestion: SHRED w/ Suzanne | 6x5' @ race pace w/ 90sec jog recovery. 4mi total | Cross train 30-60min  Suggestion: Hp Hop w/ Jasmin | 8mi EZ | Day off or EZ cross training  Suggestion: Surrender w/ Ellie |
| Week 10 SEPTEMBER 7-13 | Track 8x400 @ 5k pace w/ 200m jog rec. 4-5mi total. | 4mi EZ or 40min cross train | Cross train 30-60min  Suggestion: Kettlebell Kombine w/ Suzanne | 10+3x4' @ race pace w/ 120sec jog recovery. 4mi total | Cross train 30-60min  Suggestion: AMP w/ Tony | FF 6mi(1) easy run w/t the last mile being at 10k pace. | Day off or EZ cross training  Suggestion: Root w/ Tory |
| Week 11 SEPTEMBER 14-20 | 4mi EZ + 6-8x20sec strides w/ 60sec rest or walk back to start. | 3mi EZ or 30min cross train | Cross train 30-45min  Suggestion: EDG Sculpt w/ Tony | "1mi time trial (all out) w/ 1mi WU & 1mi CD" | Cross train 30-60min  Suggestion: Begnner SHRED w/ JJ | 6mi EZ | Day off or EZ cross training  Suggestion: Roll and Recover w/ Abrea |
| Week 12 SEPTEMBER 21-27 (SEPTEMBER 27 = RACE DAY) | 4mi EZ | 6x1' @ race pace w/ 60-90sec jog recovery. 3-4mi total | Cross train 30min  Suggestion: Dance Jam w/ Jasmin | 2mi EZ or 20min cross train | Cross train 30min  Suggestion: Cardio Kickboxing w/ Christine | Shake out run w/ Coach Mike | RACE DAY! |

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NOTES:

Walk when you need. The most important part of the training is to get to the start line healthy. So, don't think you're more tough by running all the training sessions continuously. If you need to walk add them in. Here are some examples. EX#1: Run 3minutes & walk 1minute, EX#2: Run 5minutes & walk 1minute, EX#3: Run 1mile & walk 2minutes. Walks can help give us mini goals to reach along the way and keep our running form better to prevent injury during training.

***A stride is done for running economy, strength and a good introduction to speed.**

(all out) = as fast as you can go like a race.

WU = Warm-up

CD = Cooldown

FF = Fast finish. This pace should be 60-90sec faster than your easy pace

Warm Ups: Warm ups should be done prior to every workout for 5-10minutes. Included in these warm ups are dynamic stretching (walking lunges, knee hugs...etc) and running drills (marching, A skip, etc).

EZ/Z2: Easy = EZ = Z2 = Conversation pace = should be able to run while breathing in and out of your nose ONLY. Ideally easy and long runs should be 1.5-3min slower than your 5k pace. Another way to assess with heart rate is 60-70% of max HR. Most accurate way is to get zone 2 HR is a metabolic test (VO2max test) so you get exact heart rate numbers. Either way, start out at the slower end of the pace/HR range for the first couple minutes/miles.

Hill Runs: On these days go out and run hilly terrain at an easy pace or do the treadmill runs as prescribed. These help make quads, glutes, calfs stronger and more resilient. Respect these days and be sure to remove the feet from the ground quickly on the way down ("hot feet").



Life Time App: Enjoy Life Time programs and content with our complimentary app. On demand classes are the perfect way to complement your training. Download the app from [The App Store](#) or [Google Play](#) to access our comprehensive, curated suite of digital fitness, wellness and lifestyle content. See the suggested classes in the weekly training plan.