



Pro tips provided by



MPAEF Schoolhouse Rocks 5K Training Plan

Getting started:

- Figure out a simple path to run near your home using an app like Footpath, for example. It's easy!
- Always start your runs slowly. It's much better to run the 2nd half of your run faster than your 1st half, so save your energy – that's called running "Negative Splits". Negative Splits are also the best way to run a race!
- Don't worry if there's some walking in the first couple of weeks. If you need to do some walking, slow down your running pace. It's more important to run slower and longer.
- For training runs, walk for 60-90 seconds of rest at the halfway point.

Intervals:

- Once you get to 1.75 miles distance, it's time to work on your race prep by doing "Intervals". Intervals are the best way to teach your legs and body how to move faster.
- For every 3 minutes of running, move to a faster pace (we call it "Up Pace") for 25 seconds. After the interval, you'll be a little tired, so go back down to "rest pace" so you are ready to go back to "Up Pace" at the next interval.
- Once you make it to 2 miles of training, you are ready to run a 5K race!

Follow this sample training schedule to get race ready:

- Week of March 24th: 3 runs - 0.5 mile, 0.5 mile, 0.75 mile
- Week of March 31st: 3 runs - 0.75 mile, 0.75 mile, 1 mile
- Week of April 7th: 3 runs - 1 mile, 1.25 miles, 1.25 miles
- Week of April 14th: 3 runs - 1.25 miles, 1.5 miles, 1.5 miles
- Week of April 21st: 3 runs - 1.75 miles, 1.75 miles, 1.75 miles (intervals this week)
- Week of April 28th: 3 runs - 2 miles, 2 miles, 2.25 miles (intervals this week)
- Week of May 5th: 3 runs - 2.25 miles, 2.25 miles, 2.5 miles (intervals this week)
- Week of May 12th: 2 runs - 2.5 miles, 2.5 miles (no Intervals this week)
- Friday, May 17th: Day off - no running at all (eat pasta/mac and cheese for dinner)
- Saturday, May 18th: Day off - no running at all (eat pasta/mac and cheese for dinner)
- **Sunday May 19th: Schoolhouse Rocks 5K Race!**

Pro Tip: Coach Scott at Run Club never suggests racing on an empty stomach. Have a normal breakfast well before race time. His favorite pre-race breakfast is cereal! Make sure you get good sleep on Fri/Sat before the race!