



THE LEMON RUN

8-week Beginner 5K Training Plan

Designed by Coach Mary Kelley | mary@aim4tri.com

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wk starts	#	Monday <i>Day off</i>	Tuesday <i>Run</i>	Wednesday <i>cross-train</i>	Thursday <i>Easy Run</i>	Friday <i>cross-train</i>	Saturday <i>Day off</i>	Sunday <i>long run</i>	wk ends
18-Sep	1	OFF	Run: 1 mile TT, then 10 minutes easy	XT: 30 min gentle walk, bike or swim	Run: 20 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 25 minutes	24-Sep
25-Sep	2	OFF	Run: 20 min any pace	XT: 30 min gentle walk, bike or swim	Run: 20 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 30 minutes	1-Oct
2-Oct	3	OFF	Run: 20 min tempo	XT: 30 min gentle walk, bike or swim	Run: 20 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 35 minutes	8-Oct
9-Oct	4	OFF	Run: 20 min tempo	XT: 30 min gentle walk, bike or swim	Run: 25 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 35 minutes	15-Oct
16-Oct	5	OFF	Run: 1 mile TT, then 10 minutes easy	XT: 30 min gentle walk, bike or swim	Run: 25 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 40 minutes	22-Oct
23-Oct	6	OFF	Run: 20 min tempo	XT: 30 min gentle walk, bike or swim	Run: 25 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 45 minutes	29-Oct
30-Oct	7	OFF	Run: 20 min tempo	XT: 30 min gentle walk, bike or swim	Run: 30 minutes easy	XT: 30 min gentle walk, bike or swim	Day off or gentle yoga	Run: 45 minutes	5-Nov
6-Nov	8	OFF	Run: 1 mile TT, then 10 minutes easy	XT: 30 min gentle walk, bike or swim	Run: 25 min easy	OFF	Run: 10-15 min easy with 3 x 30 sec accelerations	RACE DAY! The Lemon Run 5K	12-Nov
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	



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Terminology for 5k Training Plan

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Always warm-up for at least 10-15 min and cool-down for at least 5 min during every workout. Include some dynamic exercises (leg swings, walking lunge knees running, butt kicks and skipping) before beginning tempo workouts.

===Tempo===

After a 10 min warm-up, with several accelerations, start the timed portion at your goal race pace for the 5k.

If you want to know if you're working hard enough (or too hard):

Heart Rate: 75-80 percent of your maximum heart rate

Perceived Exertion: A 7 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: A few words at a time should be possible, like "Pace okay?" or "Wow, that's fast", but not full sentences.

===Long===

These are sometimes called "LSD" or "Long Slow Distance" workouts. These should be at a comfortable pace, and focus on increasing your endurance without completely exhausting yourself. Pay attention to perfect form.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 65-70 percent of your maximum heart rate

Perceived Exertion: A 5-6 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===easy===

These should be at a comfortable pace, so that you are actively recovering during the workout.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: less than 65 percent of your maximum heart rate

Perceived Exertion: A 5 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===XT===

Short for "Cross Train." Keep these sessions super easy, as they are meant for recovery. Focus on gentle stretching and getting blood flowing through you.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: less than 65 percent of your maximum heart rate

Perceived Exertion: A 4-5 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===TT===

Short for "Time Trial." Following a 10-15 minute warm-up including a few short accelerations, perform the effort as if it were a race. Attempt to maintain a pace that is on the "edge" of being too hard. Make sure you work hard enough to be fully exhausted by the end of the effort. RECORD your time and distance, so you can compare your times.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 80 to 85 percent of your maximum heart rate

Perceived Exertion: An 8 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: One word at a time should be possible, but conversation won't be.

Please let me know if you have any questions!

Enjoy!

Mary Kelley

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