



HARTFORD MARATHON FOUNDATION

Hartford Marathon Foundation 5K Weekly Run Training*

Weeks to Race	Training Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	1	Rest**	30 Minutes	Cross Train (30-40 min) or Rest***	35 minutes	Rest	40 minutes	Cross Train (30-40 min) or Rest
5	2	Rest	35 Minutes	Cross Train (30-40 min) or Rest	35 minutes	Rest	40 minutes	Cross Train (30-40 min) or Rest
4	3	Rest	35 Minutes	Cross Train (30-40 min) or Rest	40 minutes	Rest	45 minutes	Cross Train (30-40 min) or Rest
3	4	Rest	40 Minutes	Cross Train (30-40 min) or Rest	40 minutes	Rest	45 minutes	Cross Train (30-40 min) or Rest
2	5	Rest	40 Minutes	Cross Train (30-40 min) or Rest	35 minutes	Rest	40 minutes	Cross Train (30-40 min) or Rest
1	6	Rest	35 Minutes	Rest	30 minutes	Rest	Race Day!	Rest

<p>Phase of Training:</p> <p>Base Building: Prepares you for next training phase</p> <p>Taper: Reduce mileage to help muscles rest for race day</p> <p>Recovery: Easy/moderate intensity walk/run to aid blood flow to muscles</p>	<p>*Please note:</p> <p>Plan assumes you're currently running at least 2-3 times/week for 20-30 minutes for at least 4 months.</p> <p>This is a basic progressive training schedule. Your actual mileage may vary!</p> <p>Due to the diversity of experience and fitness levels, the plan may not be appropriate for all runners.</p>
<p>**Rest Days - Refrain from lower body workouts; upper body and stretching (such as yoga) are fine.</p>	
<p>***Cross Training can be a 30-40 minute bike ride or a 20 minute swim at Relative Perceived Effort 1-2. RPE 1-2 is defined as exertion where breathing difficulty is perceived as light.</p>	

Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.