

Berkeley Rec Sport Virtual 5K Club

Virtual 5k Run & Walk

Novice II - 8 Week Training Plan

Week 1	Day 1	Strength Training Workout 1 for 5k
	Day 2	Increase non-exercise activity: Go for a brief walk! (Get your steps in!)
	Day 3	Increase non-exercise activity: Use stairs when possible, park farther away from places you go so you have to increase your steps (Get your steps in!) Strength Training 1 workout for 5k
	Day 4	Increase non-exercise activity: work in the yard or garden, clean around the house, work in the kitchen cooking multiple meals throughout the day.
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 1-2 mile walk

Week 2	Day 1	Strength Training Workout 1 for 5k
	Day 2	Increase non-exercise activity: Go for a brief walk! (Get your steps in!)
	Day 3	Increase non-exercise activity: Use stairs when possible, park farther away from places you go so you have to increase your steps (Get your steps in!) Strength Training 1 workout for 5k
	Day 4	Increase non-exercise activity: work in the yard or garden, clean around the house, work in the kitchen cooking multiple meals throughout the day.
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 1-2 mile walk

Week 3	Day 1	Strength Training Workout 1 for 5k 1-2 mile walk
	Day 2	1-2 mile walk/run
	Day 3	Increase non-exercise activity: Use stairs when possible, park farther away from places you go so you have to increase your steps (Get your steps in!) Strength Training 1 workout for 5k
	Day 4	1-2 mile walk/run 4 *Strides (60-120m in length = football to 1.5 football field sin length) @80-85% max effort :45-:75 second recovery between each stride (*Strides are running, at a perceived percentage of 80-85 for short duration).
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 2 mile run/walk

Week 4	Day 1	Strength Training Workout 1 for 5k 1-2 mile walk
	Day 2	2 mile run/walk
	Day 3	Strength Training 1 workout for 5k
	Day 4	1-2 mile walk/run 4 Strides (60-120m in length = football to 1.5 football field sin length) @80-85% max effort :45-:75 second recovery between each stride
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 2 mile run/walk

Week 5	Day 1	Strength Training Workout 2 for 5k 1-2 mile walk/run
	Day 2	Long Run 2 miles
	Day 3	Strength Training Workout 2 for 5k
	Day 4	1 easy mile running followed by 1 set of 4 30-45 second efforts (RPE 13-14/20, somewhat hard) with 1:20 recovery jog between reps followed by 1 Easy mile
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 2-2.5 mile run

Week 6	Day 1	Strength Training Workout 2 for 5k 1-2 mile walk/run
	Day 2	Long Run 2.5 miles
	Day 3	Easy 2 mile run/walk + 4 Strides (60-120m in length - football to 1.5 football field sin length) @80-85% max effort :45-:75 second recovery between each stride
	Day 4	Strength Training 2 for 5k workout
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 2-2.5mile run

Week 7	Day 1	Strength Training Workout 2 for 5k 2 mile run + 8 Strides (60-120m @80-85% max effort :45-:75 second recovery)
	Day 2	1 Easy Mile Warm up followed by 1 set of 4 reps 30-45 second efforts with 1:20 recovery jog between rep followed by 1 mile run at (13-14 out of 20 RPE somewhat hard) followed by 1 set of 2 30-45 second efforts with 1:20 recovery jog between followed by 1 easy mile cooldown
	Day 3	Strength Training 2 for 5k workout
	Day 4	1 Easy mile followed by 1 set of 4 30-45 second efforts (RPE 13-14/20, somewhat hard) with 1:20 recovery jog between reps followed by 1 Easy mile
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 2.5 mile run

Week 8	Day 1	Strength Training Workout 2 for 5k 2.5 mile run
	Day 2	Long Run 3 miles (run/walk) + 6 Strides (60-120m @80-85% max effort :45-:75 second recovery)
	Day 3	.5 Easy Mile Warm up followed by 1 set of 4 30-45 second efforts with 1:20 recovery jog between rep followed by 1 mile run at (13-14 out of 20 RPE somewhat hard) followed by 1 set of 2 30-45 second efforts with 1:20 recovery jog between followed by .5 easy mile cooldown
	Day 4	Rest
	Day 5	Congratulations!!! Goal length/pace! Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 3.2 mile run using Strava.

Scale of Perceived Exertion

6	None
7-8	Very, Very light
9-10	Very Light
10-11	Light
12-13	Somewhat Hard
14-15	Hard
16-17	Very Hard
18-19	Extremely Hard
20	Maximum Effort

*The number on the scale gives an indication of the intensity, so that the individual can determine the effort of exercise.

*Please view corresponding Strength Training I & 2 for 5K workout videos referenced in the 8 week training program available on the Virtual 5K Run & Walk page.