

# Berkeley Rec Sport Virtual 5K Club

## Virtual 5k Run & Walk

### Intermediate - 8 Week Training Plan

Week 1	Day 1	Strength Training Workout 1 for 5k 3 mile run
	Day 2	3 mile run with 6 Strides (60-120m in length = 1 football to 1.5 football field in length) @80-85% max effort (RPE 15-16/20 hard) :45-:75 second recovery between each stride
	Day 3	Strength Training 1 workout for 5k
	Day 4	1.5 easy mile running followed by 1 set of 6 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 <b>3 mile run</b>

Week 2	Day 1	Strength Training Workout 2 for 5k 3 mile run
	Day 2	3 mile run with 6 Strides (60-120m in length = 1 football to 1.5 football field in length) @80-85% max effort (RPE 15-16/20 hard) 45-:75 second recovery between each stride
	Day 3	Strength Training Workout 2 for 5k
	Day 4	1.5 easy mile running followed by 1 set of 6 30-45 second efforts (RPE 13-14/20, somewhat hard) with 1:20 recovery jog between reps followed by 1.5 Easy mile
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a <b>3 mile run</b>

Week 3	Day 1	Strength Training Workout 2 for 5k 3 mile run
	Day 2	3.5 mile run
	Day 3	Easy 3 mile run/walk followed by 6 Strides (60-120m in length - football to 1.5 football field in length) @80-85% max effort (RPE 15-16/20 hard) :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 <b>4 mile run</b>

Week 4	Day 1	Strength Training Workout 2 for 5k 4 mile run followed by 8 Strides (60-120m in length = 1 football to 1.5 football field in length) @80-85% max effort (RPE 15-16/20 hard) :45-:75 second recovery between each stride
	Day 2	1 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 4 30-45 second efforts (RPE 15-16/20 hard) with 1:20 recovery jog between followed by 1 easy mile cooldown
	Day 3	Strength Training 2 for 5k workout
	Day 4	3 Easy miles followed by 1 set of 8 30-45 second efforts (RPE 15-16/20 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 <b>4 mile run</b>

Week 5	Day 1	Strength Training Workout 2 for 5k 4 mile run
	Day 2	4 miles run followed by 8 Strides (60-120m in length = 1 football to 1.5 football field in length) @80-85% max effort (RPE 15-16/20 hard) :45-:75 second recovery between each stride
	Day 3	1 Easy Mile Warm Up followed by 1 set of 6 30-45 second efforts with 1:20 recovery jog between rep followed by 1 mile run at (RPE 13-14 out of 20 somewhat hard) followed by 1 set of 4 30-45 second efforts (RPE 15-16/20 hard) 1:20 recovery jog between followed by 1 easy mile cooldown
	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 <b>5 mile run</b>

Week 6	Day 1	Strength Training Workout 2 for 5k 4 mile run
	Day 2	4 miles run followed by 8 Strides (60-120m in length = 1 football to 1.5 football field in length) @80-85% max effort (RPE 15-16/20 hard) :45-:75 second recovery between each stride
	Day 3	Strength Training 2 for 5k workout
	Day 4	1 Easy Mile Warm Up followed by 1 set of 6 30-45 second efforts (13-14 out of 20 RPE somewhat hard) 1:20 recovery jog between rep followed by 1 mile run at (RPE 15-16 out of 20 hard) followed by 1 set of 4 30-45 second efforts (13-14 out of 20 RPE somewhat hard) 1:20 recovery jog between followed by .5 easy mile cooldown
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a <b>5 mile run</b>

Week 7	Day 1	Strength Training Workout 2 for 5k 5 mile run
	Day 2	1 Easy Mile Warm Up followed by 1 set of 6 30-45 second efforts (13-14 out of 20 RPE somewhat hard) with 1:20 recovery jog between rep followed by 2 mile run at (RPE 15-16 out of 20 hard) followed by 1 mile easy cooldown
	Day 3	Strength Training 2 for 5k workout
	Day 4	4 Easy mile followed by 1 set of 8 30-45 second efforts (RPE 15-16/20 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 <b>6 mile run</b>

Week 8	Day 1	5 miles run followed by 9 Strides (60-120m @80-85% max effort (RPE 15-16/20 hard) :45-:75 second recovery)
	Day 2	Strength Training Workout 2 for 5k 5 mile run
	Day 3	1 Easy Mile Warmup followed by 2 mile run at (13-14 out of 20 RPE somewhat hard) followed by 1 set of 4 30-45 second efforts(13-14 out of 20 RPE somewhat hard)with 1:20 recovery jog between followed by 1 easy mile cooldown
	Day 4	Rest
	Day 5	<b>Congratulations!!! Goal length/pace!</b> Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a <b>3.2 mile run</b>

## 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.