

Berkeley Rec Sport Virtual 5K Club

Virtual 5k Run & Walk

Advanced - 8 Week Training Plan

Week 1	Day 1	Strength Training Workout 2 for 5k 5 mile run followed by 8 Strides (60-120m in length = 1 football to 1.5 football field sin length) @80-85% max effort (RPE 15-16/20 hard) :45-:75 second recovery between each stride
	Day 2	5 mile easy run
	Day 3	Strength Training 2 workout for 5k
	Day 4	4 easy mile running followed by 1 set of 8 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 6 mile run

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

Week 3	Day 1	5 easy mile running followed by 1 set of 8 30-45 second efforts (RPE 13-14/20, somewhat hard) with 1:20 recovery jog between reps followed by 1 easy mile
	Day 2	Easy 5 mile run
	Day 3	1 Easy Mile Warmup + 2 mile run at (13-14 out of 20 RPE somewhat hard) followed by 1 set of 6 30-45 second efforts (RPE 13-14/20 somewhat hard) with 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 7 mile run

Week 4	Day 1	Strength Training Workout 2 for 5k 6 easy miles
	Day 2	1 Easy Mile Warm Up followed by 1 set of 4 30-45 second efforts (RPE 13-14/20 somewhat hard) with 1:20 recovery jog between rep followed by 2 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	Strength Training Workout 2 for 5k 5 mile run followed by 8 Strides (60-120m in length = 1 football to 1.5 football field sin length) @80-85% max effort (RPE 15-16/20 hard) :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 7 mile run.

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

Week 6	Day 1	Strength Training Workout 2 for 5k 5 mile run.
	Day 2	5 miles run followed by 10 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 5 mile run.
	Day 4	1 Easy Mile Warm Up followed by 1 set of 6 30-45 second efforts (RPE 13-14/20 somewhat hard) with 1:20 recovery jog between rep followed by 2 mile run at (14-15/20 RPE hard) followed by 1 set of 6 30-45 second efforts (RPE 17-18 out of 20 very hard) with 1:20 recovery jog between followed by 1.5 easy mile cooldown.
	Day 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 8 mile run.

Week 7	Day 1	Strength Training Workout 2 for 5k 6 mile run.
	Day 2	1.5 Easy Mile Warm Up followed 3 x 3 minutes at 85% max (RPE 17-18/20 very hard) with 2 minute easy jogging between reps followed by 2 x 2 minutes at 85% max (RPE 17-18/20 very hard) with 2 minute easy jogging between reps followed 1.5 mile easy running.
	Day 3	Strength Training 2 for 5k workout 6 mile run.
	Day 4	1 Easy Mile warm up followed by 1 set of 4 30-45 second efforts (RPE 15-16/20 hard) 1:20 recovery jog between rep followed by 2 mile run at (RPE 15-16/20 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 5	Log into the Berkeley Rec Sports Virtual 5k Club on the Strava app, and track a 9 mile run .

Week 8	Day 1	Strength Training Workout 2 for 5k 6 mile run.
	Day 2	1.5 Easy Mile Warm Up followed 3 x 3 minutes at 85% max (RPE 17-18/20 very hard) with 2 minute easy jogging between reps followed by 2 x 2 minutes at 85% max (RPE 17-18/20 very hard) with 2 minute easy jogging between reps followed 1.5 mile easy running.
	Day 3	Strength Training Workout 2 for 5k Rest no running.
	Day 4	Run 5 miles 4 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 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 .

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.