

racewalking, followed by several minutes of dynamic flexibility drills. Do not omit this warm up! If time is limited, it's better to do the warm up and drills and cut the workout short than to do the whole workout without warming up fully. The schedules:

## 5km Training Schedule

Day	Base-Building	Threshold	Taper
<b>M</b>	Off	Off	Off
<b>T</b>	Economy: 10-12 x 200 meters fast with easy 200-meter rests or 3-4 x (100, 200, 300) fast with 100-meter rests	10 x 400 meters @ 5 seconds faster than 5km goal pace, with 1:00 rests between each	1/2 Economy: 6 x 200 meters or 5 x 400 meters with 200-meter recoveries
<b>W</b>	Easy 8-10 kilometers	Easy 45 minutes	Easy 30 minutes
<b>T</b>	Off or easy 30-45 minutes walking or cross training	Tempo walk: 10-20-10 or 4-6km acceleration tempo on alternate weeks	Tempo: Easy 10 minutes, fast 10 minutes, easy 10 minutes
<b>F</b>	Tempo: 10 minutes easy, 20 fast, 10 easy one week, and a 4-6km acceleration tempo the alternate week	Off or easy 30-45 minutes	Easy 20 minutes
<b>S</b>	Easy 30-45 minutes	5 x 1km @ 5km goal pace with 2:00 rests between each	Easy 20 mins. warm up plus dynamic flexibility drills, then 4 x 30 secs. fast, then stretch
<b>S</b>	15 kilometers at 70-75% of MHR	15 kilometers at 70-75% of MHR	Personal Record 5km Race!