



CITY TRAIL LOPPET 5K TRAINING PLAN



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
APR 7	WEEK 1	REST	RUN 1 MIN, WALK 1 MIN, REPEAT X10	REST	RUN 2 MINS, WALK 4 MINS, REPEAT X5	REST OR CROSS TRAIN (BIKE, SWIM, PADDLE, ROLLERSKI)	REST	RUN 2 MINS, HIKE 4 MINS, REPEAT X5
APR 14	WEEK 2	REST	RUN 3 MINS, WALK 3 MINS, REPEAT X4	REST	RUN 3 MINS, WALK 3 MINS, REPEAT X4	REST OR CROSS TRAIN (BIKE, SWIM, PADDLE, ROLLERSKI)	REST	RUN 5 MINS, HIKE 3 MINS, REPEAT X3
APR 21	WEEK 3	REST	RUN 7 MINS, WALK 7 MINS, REPEAT X3	REST	RUN 8 MINS, WALK 2 MINS, REPEAT X3	REST OR CROSS TRAIN (BIKE, SWIM, PADDLE, ROLLERSKI)	REST	RUN 8 MINS, HIKE 2 MINS, REPEAT X3
APR 28	WEEK 4	REST	RUN 8 MINS, WALK 2 MINS, REPEAT X3	REST	RUN 10 MINS, WALK 2 MINS, REPEAT X2, RUN 5 MINS	REST OR CROSS TRAIN (BIKE, SWIM, PADDLE, ROLLERSKI)	REST	RUN 8 MINS, HIKE 2 MINS, REPEAT X3
MAY 5	WEEK 5	REST	RUN 9 MINS, WALK 1 MIN, REPEAT X3	REST	RUN 12 MINS, WALK 2 MINS, REPEAT X 2, RUN 5 MINS	REST OR CROSS TRAIN (BIKE, SWIM, PADDLE, ROLLERSKI)	REST	RUN 8 MINS, HIKE 2 MINS, REPEAT X3
RACE WEEK!	WEEK 6	REST	RUN 15 MINS, WALK 1 MIN, REPEAT X2	REST	RUN 8 MINS, WALK 2 MINS, REPEAT X3	REST OR CROSS TRAIN (BIKE, SWIM, PADDLE, ROLLERSKI)	REST	3.1!

TRAINING TIPS

- You'll probably get some sore muscles at first, that's totally normal when trying something new! To help your body adjust, make sure you stretch after each workout
- Adding in a small amount of glute & core exercises can really make a difference in your running - try 30 seconds of bridges + 1 minute of your favorite abs
- Try to do at least one of your runs per week on trails - Theo Loopers is a free trail running group that meets weekly, 8am Saturday at The Trailhead (Note: Theo Loopers have a group of hikers as well if that's more your speed)

DISCLAIMER: All sports including running have inherent risks. This training advice is provided without the benefit of assessing the reader's health, fitness or skill. It is not a substitute for qualified personal coaching. Obtain a doctor's medical assessment before engaging in strenuous exercise. Readers follow the program at their own risk.