



# GET READY FOR THE SYC LEGACY 5K!



	<b>BEGINNER</b>	<b>EXPERIENCED</b>	<b>EXPERT</b>
	Use this plan if you're brand new to running.	Use this plan if you're a more experienced runner.	Use this plan if you've been running for several years
<b>WEEK ONE</b>	<p><b>Three days a week:</b> 5 minute walk followed by alternating 90 seconds of running and two minutes walking for 15 minutes. Remember to stretch before and after!</p> <p>Your run does not have to be fast!</p>	<p><b>Three days a week:</b> 5 minute sloooow jog followed by 30+ minute run. Remember to stretch before and after!</p>	<p><b>Day One:</b> 25 minute tempo run (TR) with 3 - 4 hill repeats <b>OR</b> easy run 35+ minutes with striders.</p> <p><b>Day Two:</b> 10 minute jog followed by 3 x 5 min. at 5K pace</p> <p><b>Day Three:</b> 45+ minute long run</p>
<b>WEEK TWO</b>	<p><b>Three days a week:</b> 5 minute walk followed by alternating two minutes of running and two minutes walking for 20 minutes. End with a 10 minute walk.</p> <p>Go slow, try not to walk during the run.</p>	<p><b>Three days a week:</b> 5 minute sloooow jog followed by 30+ minute run. After the run do 3 - 4 striders on a field or open area.</p>	<p><b>Day One:</b> 30 minute TR with 3 - 4 hill repeats <b>OR</b> easy run 35+ minutes with striders.</p> <p><b>Day Two:</b> 10 minute jog followed by 4 x 5 min. at 5K pace</p> <p><b>Day Three:</b> 45+ minute long run</p>
<b>WEEK THREE</b>	<p><b>Three days a week:</b> 10 minute walk followed by alternating three minutes of running and one minute of walking for 24 minutes.</p>	<p><b>Two days a week:</b> 5 minute slow jog followed by 30+ minute run. After the run do 3 - 4 striders on a field or open area.</p> <p><b>One day a week:</b> 10 minute slow jog followed by alternating 3 minute fast run and 1 minute jog for 32 minutes.</p>	<p><b>Day One:</b> 25 minute TR with 3 - 4 hill repeats <b>OR</b> easy run 35+ minutes with striders.</p> <p><b>Day Two:</b> 10 minute jog followed by 3 x 5 min. at 5K pace</p> <p><b>Day Three:</b> 45+ minute long run</p>
<b>WEEK FOUR</b>	<p><b>Two days a week:</b> 10 minute walk followed by a 24 minute run. Try to run the entire time.</p> <p><b>One day a week:</b> 5 minute walk followed by a 28 minute run. Go slower to conserve energy.</p>	<p><b>Two days a week:</b> 5 minute slow jog followed by 35+ minute run.</p> <p><b>One day a week:</b> 10 minute slow jog followed by alternating 4 minute fast run and 1 minute jog for 35 minutes.</p>	<p><b>Day One:</b> 25 minute TR with 3 - 4 hill repeats <b>OR</b> easy run 35+ minutes with striders.</p> <p><b>Day Two:</b> 10 min. jog followed by alternating 30 s. sprint and 4.5 min. jog for 30 minutes.</p> <p><b>Day Three:</b> 45+ minute long run</p>
<b>WEEK FIVE</b>	<p><b>Three days a week:</b> 5 minute walk followed by a 30 minute run.</p>	<p><b>Two days a week:</b> 5 minute slow jog followed by 40+ minute run. After the run do 3 - 4 striders on a field or open area.</p> <p><b>One day a week:</b> 10 minute slow jog followed by alternating 30 second sprint and 4.5 minute jog for 30 minutes.</p>	<p><b>Day One:</b> 20 minute TR with 3 - 4 hill repeats <b>OR</b> easy run 35+ minutes with striders.</p> <p><b>Day Two:</b> 35+ minute easy run</p> <p><b>Day Three:</b> 30+ minute easy run</p>
<b>RACE DAY!</b>	<ul style="list-style-type: none"> <li>• Arrive early!</li> <li>• Bring water</li> <li>• Wear the right running shoes</li> <li>• Have fun!</li> </ul> <p>You will do amazing and have so much fun!</p>	<p><b>TIPS &amp; TRICKS</b></p> <ul style="list-style-type: none"> <li>• Plan out two or three rest days.</li> <li>• You should do a dynamic flexibility warmup and a static stretching cooldown after each run.</li> <li>• Make sure you are properly hydrated.</li> <li>• Run in the local parks for a better atmosphere.</li> <li>• Try biking or swimming in addition to running.</li> <li>• If you're hurt, do not run.</li> <li>• Your longer runs should be slow and at a conversational pace.</li> </ul>	