

## Coach Theo's 4 Week Hybrid **Fastest 5k Program**

Introduction Notes:

**Day 1 Speed/Power** can also be substituted with a 30 minute stair workout.

**Bonus Day 2 Short Aerobic Runs** are “bonus” workouts. This means, I only squeeze them in if I have time. If I don't have time, I eliminate this one from that week's regimen and make sure I complete day 1, 3, and 4.

**Level 1** means you don't have a running base and are just starting out.

**Level 2** means you have a good running base but aren't necessarily that consistent.

**Level 3** means you have a solid running base and are very consistent with running 2-4 times per week already.

**Rest days:** I try to run every other day. I usually lift weights and/or do our FMU workouts on non-running days. BUT, it's ok to run two days in a row. Generally, I always take one day of complete rest during the week (meaning no workouts at all).

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	Day 1: Speed/Power	*Bonus Day 2: Short Aerobic 30 Min	Day 3: Tempo 4-5 miles	Day 4: Long Aerobic 40-50 min
<b>WEEK 1</b>	:45 second drills. Run fast for :45 seconds. Walk for :90 seconds. (Fast means 90% speed). Level 1: 9 sets. Level 2: 10 sets Level 3: 12 sets	Run 30 minutes slow. Heart rate 145 bpm. *This is conversation paced.	Run 4-5 miles at :30 seconds slower per mile than your 5k race pace. Heart rate is 85-90% of your max heart rate.	Run 40-50 minutes slow. Heart rate 145 bpm. *This is conversation paced. Level 1: 40 min. Level 2: 45 min. Level 3: 50 min.
<b>WEEK 2</b>	3 min drills. Run fast for 3 min. Walk for 2 minutes. Level 1: 6 sets Level 2: 7 sets Level 3: 8 sets	Run 30 minutes slow. Heart rate 145 bpm. *This is conversation paced.	Run 4-5 miles at :30 seconds slower per mile than your 5k race pace. Heart rate is 85-90% of your max heart rate.	Run 40-50 minutes slow. Heart rate 145 bpm. *This is conversation paced. Level 1: 42 min. Level 2: 47 min. Level 3: 50 min.
<b>WEEK 3</b>	:90 second Drills. Run fast for :90 seconds. Jog for 2 min. Level 1: 8 sets. Level 2: 9 sets. Level 3: 10 sets.	Run 30 minutes slow. Heart rate 145 bpm. *This is conversation paced	Mile Repeats. Run 1 mile at tempo pace (:30 seconds slower than your 5k race pace). Rest 4 minutes. Level 1: 2 miles Level 2: 3 miles Level 3: 4 miles	Run 45-50 minutes slow. Heart rate 145 bpm. *This is conversation paced. Level 1: 45 min. Level 2: 50 min. Level 3: 50 min.
<b>WEEK 4</b>	:45 second drills.  Level 1: 10 sets Level 2: 11 sets Level 3: 12 sets	Run 30 minutes slow. Heart rate 145 bpm. *This is conversation paced.	Run 2 miles at :30 seconds slower per mile than your 5k race pace.	Run 50 minutes slow. Heart rate 145 bpm. *This is conversation paced. Level 1: 50 min. Level 2: 50 min. Level 3: 50 min.