

# TAKE FLIGHT 5K TRAINING PLAN

JANUARY 2021



**Easy Run:** This should be a comfortable pace you can maintain while being able to carry on a conversation if needed.  
**Steady State Run:** More intense than easy, but you should still be able to speak a few sentences without too much effort or changes to your breathing.  
**Tempo Run:** This is not a full out push; it is hard, but doable. You will likely notice breathing changes and will be able to speak only a few, if any, words.  
**Cross Training:** the action or practice of engaging in two or more types of exercise in order to improve fitness or performance in one's main sport (Try a Functional Fitness workout today!)  
**Active Recovery:** performing low-intensity exercises (Try Yoga, or taking a walk today!)

**B = Beginner, I = Intermediate, A = Advanced**

<p><b>3</b></p> <p>B: Run 1 minute, Walk 1.5 minutes for 15 minutes total                  I: Alternate Run 3 minutes, Walk 1 minute for 20 minutes total                  A: 30 minute Tempo Run</p>	<p><b>4</b></p> <p>B: Run 1 minute, Walk 1.5 minutes for 15 minutes total                  I: 1 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 24 minutes total                  A: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total</p>	<p><b>5</b></p> <p>CROSS TRAIN</p>	<p><b>6</b></p> <p>B: Run 1 minute, Walk 1.5 minutes for 24 minutes total                  I: 1 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 24 minutes total                  A: 3 mile Steady Run</p>	<p><b>7</b></p> <p>ACTIVE RECOVERY</p>	<p><b>1</b></p> <p>B: Run 1 minute, Walk 1.5 minutes for 15 minutes total                  I: 1 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 24 minutes total                  A: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total</p>	<p><b>2</b></p> <p>CROSS TRAIN</p>
<p><b>10</b></p> <p>B: Run 1.5 minutes, Walk 1.5 minutes for 18 minutes total                  I: Run 3 minutes, Walk 1 minutes for 20 minutes total                  A: 30 minute Tempo Run</p>	<p><b>11</b></p> <p>B: Run 1.5 minutes, Walk 1.5 minutes for 18 minutes total                  I: 1.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 18 minutes total                  A: 2.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total</p>	<p><b>12</b></p> <p>CROSS TRAIN</p>	<p><b>13</b></p> <p>B: Run 1.5 minutes, Walk 1 minute for 30 minutes total                  I: 1.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 24 minutes total                  A: 3.5 mile Steady Run</p>	<p><b>14</b></p> <p>ACTIVE RECOVERY</p>	<p><b>8</b></p> <p>B: Run 1.5 minutes, Walk 1 minute for 15 minutes total                  I: 1.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 18 minutes total                  A: 2.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total</p>	<p><b>9</b></p> <p>CROSS TRAIN</p>
<p><b>17</b></p> <p>B: Run 2 minutes, Walk 1 minute for 21 minutes total                  I: Run 4 minutes, Walk 1 minute for 20 minutes total                  A: 35 minute Tempo Run</p>	<p><b>18</b></p> <p>B: Run 2 minutes, Walk 1 minute for 21 minutes total                  I: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total                  A: 3 mile Steady Run</p>	<p><b>19</b></p> <p>CROSS TRAIN</p>	<p><b>20</b></p> <p>B: Run 3 minutes, Walk 1 minute for 32 minutes total                  I: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 18 minutes total                  A: 4 mile Steady Run</p>	<p><b>21</b></p> <p>ACTIVE RECOVERY</p>	<p><b>15</b></p> <p>B: Run 3 minutes, Walk 1 minute for 24 minutes total                  I: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total                  A: 3 mile Steady Run</p>	<p><b>16</b></p> <p>CROSS TRAIN</p>
<p><b>24</b></p> <p>B: Run 3 minutes, Walk 1 minute for 24 minutes total                  I: Run 4 minutes, Walk 1 minute for 20 minutes total                  A: 35 minute Tempo Run</p>	<p><b>25</b></p> <p>B: Run 3 minutes, Walk 1 minute for 24 minutes total                  I: 2.5 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 6 minutes total                  A: 1 mile Steady Run, 0.5 mile Tempo Run</p>	<p><b>26</b></p> <p>CROSS TRAIN</p>	<p><b>27</b></p> <p>B: Run 5 minutes, Walk 1 minute for 36 minutes total                  I: 2.5 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 6 minutes total                  A: 4.5 mile Steady Run</p>	<p><b>28</b></p> <p>ACTIVE RECOVERY</p>	<p><b>22</b></p> <p>B: Run 5 minutes, Walk 1 minute for 30 minutes total                  I: 2.5 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 6 minutes total                  A: 1 mile Steady Run, 0.5 mile Tempo Run</p>	<p><b>23</b></p> <p>CROSS TRAIN</p>
<p><b>31</b></p> <p>B: 1 mile Steady Run, then alternate 3 minute Run, 1 minute Walk for 1 mile                  I: Run 3 minutes, Walk 1 minute for 20 minutes total                  A: 40 minute Tempo Run</p>	<p><b>29</b></p> <p>B: 1 mile Steady Run, then alternate 5 minute Run, 1 minute Walk for 1.5 miles                  I: 3 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 6 minutes total                  A: 3 mile Steady Run</p>	<p><b>30</b></p> <p>CROSS TRAIN</p>	<p><b>29</b></p> <p>ACTIVE RECOVERY</p>	<p><b>29</b></p> <p>ACTIVE RECOVERY</p>	<p><b>30</b></p> <p>CROSS TRAIN</p>	

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**FEBRUARY 2021**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	B: 1 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 1 mile I: 3 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 6 minutes total A: 3 mile Steady Run	<b>CROSS TRAIN</b>	B: 1 mile Steady Run, then alternate Run 3 minutes, Walk 1 minute for 1.5 miles I: 3 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total A: 4 mile Steady Run	<b>ACTIVE RECOVERY</b>	B: 1.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 1.5 miles I: 3.5 mile Steady Run A: 1 mile Steady Run, then 0.5 mile Tempo Run, then 1 mile Steady Run	<b>CROSS TRAIN</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
B: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 1 mile I: Alternate Run 3 minutes, Walk 1 minute for 20 minutes total A: 40 minute Tempo Run	B: 1.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 1 mile I: 3.5 mile Steady Run A: 1 mile Steady Run, then 0.5 mile Tempo Run, then 1 mile Steady Run	<b>CROSS TRAIN</b>	B: 2.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 1 mile I: 3.5 mile Steady Run A: 3.5 mile Steady Run	<b>ACTIVE RECOVERY</b>	B: 3.5 mile Steady Run I: 4 mile Steady Run A: 2.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total	<b>CROSS TRAIN</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
B: 3 mile Steady Run I: Alternate Run 4 minutes, Walk 1 minute for 20 minutes total A: 35 minute Tempo Run	B: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 1 mile I: 4 mile Steady Run A: 2.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total	<b>CROSS TRAIN</b>	B: 1.5 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 1 mile I: 4 mile Steady Run A: 3 mile Steady Run	<b>ACTIVE RECOVERY</b>	B: 2 mile Steady Run I: 2 mile Easy Run A: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total	<b>CROSS TRAIN</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
B: Alternate Run 1.5 minutes, Walk 1.5 minutes for 18 minutes total I: Alternate Run 1 minute, Walk 1 minute for 20 minutes total A: 2 mile Steady Run, then alternate Run 5 minutes, Walk 1 minute for 12 minutes total	B: Alternate Run 1.5 minutes, Walk 1.5 minutes for 18 minutes total I: 2 mile Easy Run A: 2 mile Steady Run	<b>CROSS TRAIN</b>	<b>"Race Day!"</b> Run 3.1 miles	<b>ACTIVE RECOVERY</b>		