

8 WEEK 5K TRAINING  
STARTS APRIL 11!

5k

## Novice

### 5-K Training: Novice

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30-60 min walk
2	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
5	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
6	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
7	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	<b>5-K Race</b>

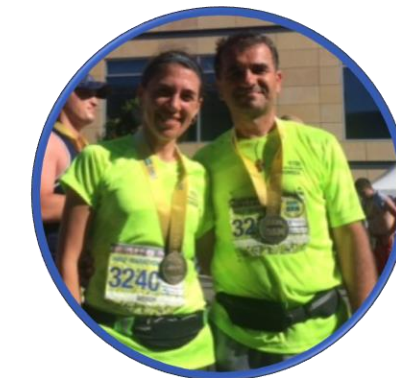


JUNE 3, 2017

## Intermediate

### 5-K Training: Intermediate

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 m run	5 x 400 Mile pace	3 m run	Rest	3 m run	5 m run
2	Rest	3 m run	30 min tempo run	3 m run	Rest	3 m fast	5 m run
3	Rest	3 m run	6 x 400 Mile pace	3 m run	Rest	4 m run	6 m run
4	Rest	3 m run	35 min tempo run	3 m run	Rest	Rest	5-K test
5	Rest	3 m run	7 x 400 Mile pace	3 m run	Rest	4 m fast	6 m run
6	Rest	3 m run	40 min tempo run	3 m run	Rest	5 m run	7 m run
7	Rest	3 m run	8 x 400 Mile pace	3 m run	Rest	5 m fast	7 m run
8	Rest	2 m run	30 min tempo run	2 m run	Rest	Rest	5-K Race



## Advanced

### 5-K Training: Advanced

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run	5 x 400 mile pace	Rest or easy run	30 min tempo	Rest	4 m fast	60 min run
2	3 m run	8 x 200 800 pace	Rest or easy run	30 min tempo	Rest	4 m fast	65 min run
3	3 m run	6 x 400 mile pace	Rest or easy run	35 min tempo	Rest	5 m fast	70 min run
4	3 m run	9 x 200 800 pace	Rest or easy run	35 min tempo	Rest or easy run	Rest	5-K test
5	3 m run	7 x 400 mile pace	Rest or easy run	40 min tempo	Rest	5 m fast	80 min run
6	3 m run	10 x 200 800 pace	Rest or easy run	40 min tempo	Rest	6 m fast	85 min run
7	3 m run	8 x 400 mile pace	Rest or easy run	45 min tempo	Rest	6 m fast	90 min run
8	2 m run	6 x 200 800 pace	Rest or easy run	Rest or easy run	Rest	Rest	5-K Race

### DAM TO DAM DETAILS (JUNE 3, 2017)

- Registration opens mid March
- Half Marathon - limited to 9,000 entrants (\$40 entry fee)
- 5K race, largest in Iowa - limited to 3,000 entrants (\$25 entry fee)
- Youth runs- free to all kids!



REGISTER AT  
[WWW.DAMTODAM.COM](http://WWW.DAMTODAM.COM)