

Improve Performance - 5K Training Program

This program is geared to those who have run a 5K, are currently running at least 3-4 times per week and want to improve their 5K time. It combines a perfect blend of running and ElliptiGO workouts to train harder with less impact on your body. The program is best suited to those who have been riding the ElliptiGO for 45-60 minutes 2-3 times per week and running 3-4 times per week

DAY MODE	Monday ElliptiGO +(ST)	Tuesday Run - Speed	Wednesday ElliptiGO	Thursday Rest	Friday Run + Strength Train (ST)	Saturday ElliptiGO	Sunday Run
WEEK 1	45 minutes 15 min.- Strength Train iRate: 7	45 minutes 4 x Pick Ups iRate: 6-7	60 minutes Challenging Effort Level Tempo Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	60 minutes iRate: 7-8	60 minutes iRate: 6-7
WEEK 2	45 minutes 15 min.- Strength Train iRate: 7	45 minutes 4 x Pick Ups iRate: 6-7	60 minutes Challenging Effort Level Hilly Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	60 minutes iRate: 7-8	60 minutes iRate: 6-7
WEEK 3	45 minutes 15 min.- Strength Train iRate: 7	50 minutes 5 x Pick Ups iRate: 6-7	60 minutes Challenging Effort Level Tempo Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	60 minutes iRate: 7-8	60 minutes Negative Split Run iRate: 7-->8
WEEK 4	45 minutes 15 min.- Strength Train iRate: 7	Speed Workout A 6X 60 minutes iRate: 8-9	60 minutes Challenging Effort Level Hilly Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	70 minutes Negative Split Ride iRate: 7-->8	60 minutes iRate: 6-7
WEEK 5	50 minutes 15 min.- Strength Train iRate: 7	Speed Workout A 6X 60 minutes iRate: 8-9	60 minutes Challenging Effort Level Tempo Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	60 minutes iRate: 7-8	60 minutes Negative Split Run iRate: 7-->8
WEEK 6	50 minutes 15 min.- Strength Train iRate: 7	Speed Workout A 8X 70 minutes iRate: 8-9	60 minutes Challenging Effort Level Hilly Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	70 minutes Negative Split Ride iRate: 7-->8	60 minutes iRate: 6-7
WEEK 7	60 minutes 15 min.- Strength Train iRate: 7	Speed Workout B 60 minutes iRate: 8-9	60 minutes Challenging Effort Level Tempo Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	60 minutes iRate: 7-8	60 minutes Negative Split Run iRate: 7-->8
WEEK 8	60 minutes 15 min.- Strength Train iRate: 7	Speed Workout B 60 minutes iRate: 8-9	60 minutes Challenging Effort Level Hilly Ride iRate: 7-8	Rest	50 minutes 15-30 min.- Strength Train iRate: 6-7	70 minutes Negative Split Ride iRate: 7-->8	60 minutes iRate: 6-7
WEEK 9	50 minutes 15 min.- Strength Train iRate: 7	Speed Workout B 60 minutes iRate: 8-9	60 minutes Challenging Effort Level Tempo Ride iRate: 7-8	Rest	45 minutes 15-30 min.- Strength Train iRate: 6-7	50 minutes iRate: 7-8	60 minutes Negative Split Run iRate: 7-->8
WEEK 10	50 minutes 15 min.- Strength Train iRate: 7	40 minutes 4 x Pick Ups iRate: 7-8	40 minutes Easy-to-Moderate Effort iRate: 6-7	Rest	30 minutes Easy Effort Level iRate: 6-7	Rest	5K Race! iRate: 8

Warm-up: 5 minutes in addition to the schedule workout times above at an easy pace prior to every workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: 5 minutes in addition to the schedule workout times above at an easy pace after to every workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

i-Rate Scale: A simple way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest, 6-7 able to talk, 8 you can hear your breathing, 9 you can hold for a few minutes and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

ElliptiGO: Riding the ElliptiGO is an effective cross training mode for half marathon training as it mimics the running motion with very low impact on the body thereby reducing the risk of injury and allowing for greater boost in training frequency, duration and intensity. The ElliptiGO gliding motion and gearing activate slightly different muscle movements versus running including the gluteals, inner thighs (adductors), quads and core - which effectively strengthens and balances the muscles, tendons and joints. It can also aid in efficient recovery and reduce burnout. The ElliptiGO is woven into this training plan as cross-training during the week and in combination with the cutback long runs to build endurance. Start and finish every ElliptiGO workout with 5 minutes of very easy paced riding and train at the prescribed effort level (eg., 7 on the iRate Scale or 70-75% heart rate).

HILLY RIDE: Warm up for the first 10 minutes and ride at an easy effort level. Find a hill or hilly route to ride and ride at a challenging effort level just outside your comfort zone - an effort where you can hear your breathing, but you're not gasping for air. Before you hit the hill, change into an easier gear [1-4] and keep a fast, consistent cadence (pedaling rate). Look to the top of the hill trying to keep a strong pace all the way up (in an easier gear) and once you reach the peak change into a harder gear (5-8) and ride down catching your breath. Finish the final 10 minutes of the scheduled workout time at an easy effort to cool down. Riding hills will build leg and core strength and cardiovascular stamina.

TEMPO RIDE: Warm up for the first 10 minutes and ride at an easy effort level. For 25 minutes total ride hard-to-easy intervals by alternating 2 minutes at a high gear [6-8] with a faster cadence (pedal rate) (80-85% of Max Heart Rate or iRate: 8+ out of 10) followed by 3 minutes at an easier gear [3-5] to catch your breath. Repeat 5 times (fast for 2 min + easy 3 min) and then cool down for 10 minutes riding at an easy effort level. Interval workouts boost your metabolism, speed and cardiovascular stamina and will help you ride and run stronger and faster using less energy.

Pick-ups: = Run the workout at a moderate pace and include short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Keep the pick-up to 30 seconds maximum and focus on quick stride turn over and controlled form. Your effort level should be at an i-Rate scale of 8 or heart rate of 80-85% of maximum.

Speed Workout "A": Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then repeat the following (X) number of times: Run 2 minutes hard at 90-95% heart rate or 9 on I-Rate Scale followed by running 4 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 10 minutes easy followed by 5 minutes walking easy.

Speed Workout "B": Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then repeat the following Ladder Intervals three times: [Run 1 minute hard 85-90% heart rate or 9 on I-Rate Scale followed by running 1 minute at an easy pace to recover - Run 2 minutes hard = 2 minutes easy - Run 3 minutes hard - 3 minutes easy - Run 4 minutes hard - 4 minutes easy - then back down 3,2 and 1 minute intervals. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After running the Ladder intervals [1/1, 2/2, 3/3, 4/4, 3/3, 2/2, 1/1] cool down running 10 minutes easy followed by 5 minutes walking easy.

Negative Split Workout: A great training workout to practice race day pacing start with warming up walking 5 minutes at a brisk pace. Run the first half of the scheduled workout at a conversational effort (one where you can talk). At the half way point, gradually dial up the pace a little (20-30 sec. per mile) every 10 minutes. The goal is to run the second half of the run 1-2 minutes faster than the first half. Finish with a 5 minute walk. For the Negative Split ElliptiGO Workout - Ride easy for 10 minutes to warm up then ride at a moderate effort level for the first half of the workout. Dial up the effort to moderately hard for the second half and cool down for 5 minutes after the workout.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like Pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise and vary the reps for 8-12 or 12-15 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.