

Return to Running 5K Training Program

This program is geared to those who are injury-prone or want to get back into running again. It combines a perfect blend of running intervals and low impact ElliptiGO workouts to prepare you to run-walk a 5K. The program is best suited to those who have been riding the ElliptiGO for 20-30 minutes 2-3 times per week. If you are riding less, no worries, simply start with the Learn to Ride Program and then

DAY MODE	Monday ElliptiGO +(ST)	Tuesday Run	Wednesday ElliptiGO	Thursday Rest/Strength Train (ST)	Friday Run	Saturday ElliptiGO	Sunday Rest Day
WEEK 1	30 minutes 15 min.- Strength Train iRate: 6-7	20 minutes Run 2 min/Walk 2 min Repeat 5 times iRate: 6-7	40 minutes iRate: 7	Rest or Strength Training	20 minutes Run 2 min/Walk 2 min Repeat 5 times iRate: 6-7	40 minutes iRate: 7	Rest
WEEK 2	30 minutes 15 min.- Strength Train iRate: 6-7	20 minutes Run 2 min/Walk 2 min Repeat 5 times iRate: 6-7	40 minutes iRate: 7	Rest or Strength Training	20 minutes Run 2 min/Walk 2 min Repeat 5 times iRate: 6-7	40 minutes iRate: 7	Rest
WEEK 3	30 minutes 15 min.- Strength Train iRate: 6-7	20 minutes Run 2 min/Walk 2 min Repeat 5 times iRate: 6-7	40 minutes iRate: 7	Rest or Strength Training	25 minutes Run 3 min/Walk 2 min Repeat 5 times iRate: 6-7	45 minutes iRate: 7	Rest
WEEK 4	35 minutes 15 min.- Strength Train iRate: 6-7	25 minutes Run 3 min/Walk 2 min Repeat 5 times iRate: 6-7	45 minutes iRate: 7	Rest or Strength Training	25 minutes Run 3 min/Walk 2 min Repeat 5 times iRate: 6-7	45 minutes iRate: 7-8	Rest
WEEK 5	35 minutes 15 min.- Strength Train iRate: 6-7	25 minutes Run 3 min/Walk 2 min Repeat 5 times iRate: 6-7	45 minutes Tempo Ride iRate: 7-8	Rest or Strength Training	30 minutes Run 4 min/Walk 2 min Repeat 5 times iRate: 6-7	50 minutes iRate: 7-8	Rest
WEEK 6	35 minutes 15 min.- Strength Train iRate: 6-7	30 minutes Run 4 min/Walk 2 min Repeat 5 times iRate: 6-7	45 minutes Hilly Ride iRate: 7-8	Rest or Strength Training	30 minutes Run 4 min/Walk 2 min Repeat 5 times iRate: 6-7	50 minutes iRate: 7-8	Rest
WEEK 7	40 minutes 15 min.- Strength Train iRate: 6-7	30 minutes Run 4 min/Walk 2 min Repeat 5 times iRate: 6-7	45 minutes Tempo Ride iRate: 7-8	Rest or Strength Training	30 minutes Run 4 min/Walk 1 min Repeat 6 times iRate: 6-7	60 minutes iRate: 7-8	Rest
WEEK 8	40 minutes 15 min.- Strength Train iRate: 6-7	30 minutes Run 4 min/Walk 1 min Repeat 6 times iRate: 6-7	45 minutes Hilly Ride iRate: 7-8	Rest or Strength Training	35 minutes Run 4 min/Walk 1 min Repeat 7 times iRate: 6-7	60 minutes iRate: 7-8	Rest
WEEK 9	40 minutes 15 min.- Strength Train iRate: 6-7	35 minutes Run 4 min/Walk 1 min Repeat 7 times iRate: 6-7	45 minutes Tempo Ride iRate: 7-8	Rest or Strength Training	35 minutes Run 4 min/Walk 1 min Repeat 7 times iRate: 6-7	45 minutes iRate: 7-8	Rest
WEEK 10	40 minutes 15 min.- Strength Train iRate: 6-7	30 minutes Run 4 min/Walk 1 min Repeat 6 times iRate: 6-7	35 minutes iRate: 6-7	Rest	30 minutes Run 4 min/Walk 1 min Repeat 6 times iRate: 6-7	Rest	5K Race! Run 4 min/Walk 1 min Repeat continuously 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) 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.

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.