



TRAINING PLAN AND RACE GUIDE

PITTSBURGH 5K RUN

MAY 2021 / VIRTUAL

4RUN2
varsity



Kick off a weekend of races with the UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run. Enjoy 3.1 miles in Pittsburgh, or wherever you're running, and reach your goal at your own DICK'S Sporting Goods Pittsburgh Marathon finish line virtually!

QUESTIONS?

Contact us! Send an email to 4run2varsity@p3r.org or give us a call 412.939.7519

TRAINING TIPS

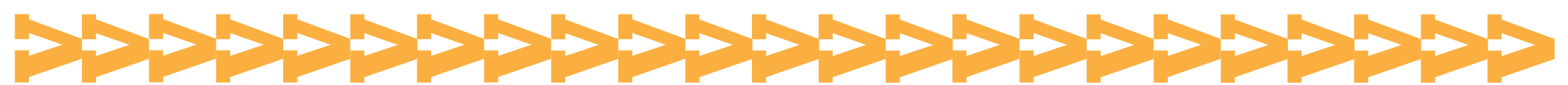
- Adequately warm up and cool down before and after workouts.
- Be sure to stay hydrated — it will aid in recovery!
- Get a good night's sleep each night — plan for 8 hours.
- Give your best each day.
- Set appropriate goals and stay flexible. Some days will be better than others, so give your best and adjust your pace when needed.
- Avoid completing two capacity workouts in a row.
- Give yourself adequate rest and recovery on days off and within the respective workouts.
- Join the 4RUN2 Varsity Strava Club! The club is a great way to track your mileage during your training, view our running resources, participate in fun and challenging contests, and much more!

RACE DAY TIPS

- Be sure to review emails from P3R for announcements concerning race day details.
- Check the weather. Make sure you are prepared for what the weather could bring.
- Run in what you trained in. Running 3.1 miles in brand new shoes can lead to blisters. Make sure to run in equipment (and apparel) that has some sweat equity in it.
- It's completely fine to walk during a race! Do what's best for you and have fun.
- If you need to tie your shoe or stop for any reason, move to the side. The best way to be polite to other runners is by moving to the sides of the course and then raising one hand before you slow down!
- Pass other runners safely. Do not push slower runners out of your way. If you need to pass another runner, say "on your left" if you are passing on their left side or "on your right" if you are passing on their right side. Or a simple "excuse me." Allow other runners to pass you if they need to.

*Those using this training plan voluntarily assume the risk of any injuries and damages that may occur in the process of training and agree that P3R is not responsible for any injuries or damages associated with training for or participating in the UPMC Health Plan Pittsburgh Half Marathon.

4RUN2 VARSITY



4RUN2 VARSITY MILEAGE LOG

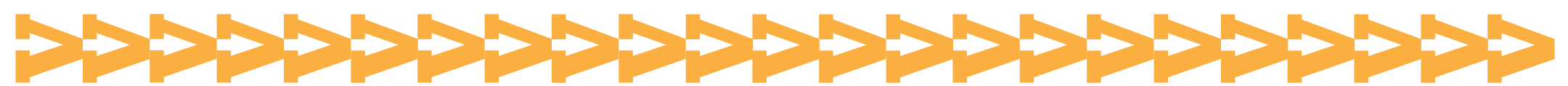
MAKE A PLAN TO MOVE EVERY DAY.

Want to see how your mileage adds up? Use this log or join the 4RUN2 Varsity Strava club.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

Tag us on social media, and follow us for training tips and race updates.

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PITTSBURGH 5K RUN TRAINING PLAN

Be sure to start each workout with a 3-minute warm-up jog and 5 dynamic stretches. Cool down with a 2-minute walk and a few static stretches.

WEEK 1

- Day 1 - Speed Development
Complete the following at a mile pace- 100m, 200m X2-3 Rest as needed between 100 & 200 meter efforts and after each set. Following your final set, run 1 mile at 10K pace
- Day 2 - Endurance
1.5 miles at consistent pace
- Day 3 - Active Recovery
Active recovery or 10 minute recovery run
- Day 4 - Speed Capacity
200 meter pick up sprints- first 100 meters at mile pace and final 100 meters at a sprint pace
X5 Rest 4 minutes after each set

WEEK 2

- Day 1 - Endurance
1.5 miles at consistent pace
- Day 2 - Speed Capacity
Complete the following 3 times:
Run 200m at target 5K pace, rest 90 seconds, sprint 100m, rest to full recovery
- Day 3 - Active Recovery
Active recovery or 12 minute recovery run
- Day 4 - Speed Development
5:00-7:00 Warm up run then complete the following intervals. 2:00 10k pace, 1:30 5K pace, 1:00 5K pace, :45 mile pace, :30 sprint (X2), 1:00 mile pace, :15 sprint (X3)
Rest 1 minute between each interval

WEEK 3

- Day 1 - Speed Capacity
1 mile at 5K pace then: 4X400 meters each 400 should be a negative split by at least 1 second from the previous. Rest to full recovery after each effort.
- Day 2 - Active Recovery
Active recovery or 9-10 minute run
- Day 3 - Endurance
2 miles at consistent pace
- Day 4 - Speed Development
5:00-7:00 warm up run then complete the following hill workout
:45 10K pace then :15 sprint, rest to full recovery X5

WEEK 4

- Day 1 - Endurance
2.25 miles at consistent pace
- Day 2 - Speed Development
5:00-7:00 warm up run then 16 minute Fartlek run alternating between an easy and hard pace each minute
- Day 3 - Active Recovery
Active recovery or 14 minute run
- Day 4 - Speed Recovery
200 meters at sprint pace X4.
Rest to full recovery after each effort. Then run 1 mile at goal race day pace.

WEEK 5

- Day 1 - Speed Development
Out & back run:
run 10 minutes out at 10K pace and back to your starting point at a faster pace.
- Day 2 - Endurance
3.1 miles at consistent pace
- Day 3 - Speed Capacity
5:00-7:00 warm up run then 4X400 at best pace. Rest to full recovery after each 400 effort
- Day 4 - Active Recovery
Active recovery or 16 minute run

WEEK 6

- Day 1 - Speed Capacity
1 mile at 10K pace, 200 meters at best pace, 2X 400 meters at mile pace
Rest 3 minutes after each effort
- Day 2 - Active Recovery
Active recovery or 18 minute run
- Day 3 - Speed Development
6 miles at race day goal pace
- Day 4 - Endurance
Hill Intervals- find a hill that you can run up for 90 seconds at goal race day pace X6.
Rest to full recovery after each effort.

PITTSBURGH 5K TRAINING PLAN CONTINUED

WEEK 7

- Day 1 - Speed Development
3 mile progression run so that the last 1.5 is at your goal race pace
- Day 2 - Endurance
4 miles at consistent pace
- Day 3 - Recovery Run
18-20 minute run at 10K pace
- Day 4 - Active Recovery
Active recovery or 20 minute run

WEEK 8

- Day 1 - Speed Development
Complete the following interval workout and rest 1 minute after each interval: 200 meters at mile pace, 200 meters at best pace, 400 meters at 10K pace, 200 meters at best pace, 200 meters at mile pace, 400 meters at 10K pace
- Day 2 - Recovery Run
Recovery Run
- Day 3 - Active Recovery
Active recovery or 20 minute run
- Day 4 - RACE DAY!