



## PINNACLE 5K Program Beginner Level - 8 Week



### Week 1 = 3.75 miles

| Day 1     | Day 2       | Day 3         | Day 4       | Day 5    | Day 6 | Day 7       |
|-----------|-------------|---------------|-------------|----------|-------|-------------|
| Tempo Run | Cross Train | Speed Run     | Cross Train | Long Run | Rest  | Cross Train |
| 1         | Strength    | 3 x .25 miles | Strength    | 2        | 0     | Strength    |

### Week 2 = 4.75 miles

| Day 1     | Day 2       | Day 3         | Day 4       | Day 5    | Day 6 | Day 7       |
|-----------|-------------|---------------|-------------|----------|-------|-------------|
| Tempo Run | Cross Train | Speed Run     | Cross Train | Long Run | Rest  | Cross Train |
| 1.5       | Strength    | 3 x .25 miles | Strength    | 2.5      | 0     | Strength    |

### Week 3 = 5.25 miles

| Day 1     | Day 2       | Day 3         | Day 4       | Day 5    | Day 6 | Day 7       |
|-----------|-------------|---------------|-------------|----------|-------|-------------|
| Tempo Run | Cross Train | Speed Run     | Cross Train | Long Run | Rest  | Cross Train |
| 1.5       | Strength    | 5 x .25 miles | Strength    | 2.5      | 0     | Strength    |

### Week 4 = 6 miles

| Day 1     | Day 2       | Day 3         | Day 4       | Day 5    | Day 6 | Day 7       |
|-----------|-------------|---------------|-------------|----------|-------|-------------|
| Tempo Run | Cross Train | Speed Run     | Cross Train | Long Run | Rest  | Cross Train |
| 2         | Strength    | 6 x .25 miles | Strength    | 2.5      | 0     | Strength    |

### Week 5 = 7 miles

| Day 1     | Day 2       | Day 3        | Day 4       | Day 5    | Day 6 | Day 7       |
|-----------|-------------|--------------|-------------|----------|-------|-------------|
| Tempo Run | Cross Train | Speed Run    | Cross Train | Long Run | Rest  | Cross Train |
| 2.5       | Strength    | 3 x .5 miles | Strength    | 3        | 0     | Strength    |

### Week 6 = 8.5 miles

| Day 1     | Day 2       | Day 3        | Day 4       | Day 5    | Day 6 | Day 7       |
|-----------|-------------|--------------|-------------|----------|-------|-------------|
| Tempo Run | Cross Train | Speed Run    | Cross Train | Long Run | Rest  | Cross Train |
| 3         | Strength    | 3 x .5 miles | Strength    | 3        | 0     | Strength    |

### Week 7 = 8 miles

| Day 1    | Day 2       | Day 3        | Day 4       | Day 5     | Day 6 | Day 7       |
|----------|-------------|--------------|-------------|-----------|-------|-------------|
| Long Run | Cross Train | Speed Run    | Cross Train | Tempo Run | Rest  | Cross Train |
| 4        | Strength    | 4 x .5 miles | Strength    | 2         | 0     | Strength    |

### Week 8 = 7 miles + Race = 10.1 miles

| Day 1     | Day 2       | Day 3        | Day 4       | Day 5     | Day 6 | Day 7    |
|-----------|-------------|--------------|-------------|-----------|-------|----------|
| Race Pace | Cross Train | Speed Run    | Cross Train | Tempo Run | Rest  | Race Day |
| 3.5       | Strength    | 3 x .5 miles | Strength    | 2         | 0     | 5K       |

**Keywords:** Tempo- faster than race pace distances, with scheduled slower distances in between. This run should average 70-80% of HRR

Long- this is the endurance portion of the training. These runs should average 60-70% of HRR

Cross Train- a different exercise type, this includes strength training and other modes of cardio exercise.

HRR- (Heart Rate Reserve)

Take 220 subtract your age, then subtract your resting heart rate, then multiply that number by the goal percentage, then add the resting heart rate back to the number. Do this for both percentages to find your range.

Speed- these are long sprints. You should push hard to finish these as fast as possible. Your HRR should be 80-85% for each rep. Time each rep and then walk for half the rep time before you begin the next rep.