



FREDERICTON 5K TRAINING PROGRAM

presented by Fredericton Stride Running



Thank you for participating in the official training plans for the Fredericton Marathon race weekend. We are glad you are joining us for our journey to race day! The below plan has been carefully designed by Fredericton Stride Run Club Coaches for intermediate athletes.

If you would like a personal training plan or personal coaching, Fredericton Stride Run Club coaches (Stephen, Donna and Nick) are offering customized plans for a small fee. Plans will be customized to YOU and include: 1-on-1 virtual meetings with your coach, specific workouts, fuelling and strength tips. Please contact [Stephen Andersen](#) with any interest.

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 23 - 29	20 minutes @E	REST	STRIDE WORKOUT	REST	25mins @E or 25mins x-train	REST	35mins @E
January 30 – February 5	REST	30mins @E	STRIDE WORKOUT	30 mins @E	REST	8-15min WU 5-10x 1minON / 1minOFF 5-10min CD	35mins @E
February 5 - 12	REST	30mins @E	STRIDE WORKOUT	30 mins @E	REST	8-15min WU 10-15x 30secON/ 30secOFF 5-10min CD	35mins @E
February 13 - 19	REST	30mins @E	STRIDE WORKOUT	30 mins @E	REST	8-15min WU 3x 2minON / 2minOFF + 3x20secON / 80secOFF 5-10min CD	40mins @E

February 20 – 26	REST	30-35 mins @E	STRIDE WORKOUT	30 mins @E	30mins @E or 30mins x-train	8-15min WU 3x3minON / 2minOFF 5-10min CD	40mins @E
February 27 – March 5	REST	30-35 mins @E	STRIDE WORKOUT	30-35 mins @E	REST	8-15min WU 2-5x 1K @ 10K Pace / 3minsR 5-10min CD	45mins @E
March 5 - 12	REST	30-35 mins @E	STRIDE WORKOUT	30-35 mins @E	30mins @E or 30mins x-train	8-15min WU 8-10x 1minON / 1minOFF 5-10min CD	45mins @E
March 13 - 19	REST	30-35 mins @E	STRIDE WORKOUT	30-35 mins @E	REST	30-35mins @E	50mins @E
March 20 - 26	REST	30-35 mins @E	STRIDE WORKOUT	30-35 mins @E	40mins @E or 40mins x-train	8-15min WU 5-6x 1K @10K pace / 2min @R 5-10min CD	55mins @E
March 27 – April 2	REST	30-35 mins @E	STRIDE WORKOUT	30-35 mins @E	REST	8-15min WU 2x 10minsON / 5minOFF 5-10min CD	60mins @E
April 3 - 9	REST	30-40 mins @E	STRIDE WORKOUT	30-35 mins @E	40mins @E or 40mins x-train	8-15min WU 8-12x 1minON / 1minOFF 5-10min CD	65mins @E
April 10 - 16	REST	30-40 mins @E	STRIDE WORKOUT	30-40 mins @E	40mins @E or 40mins x-train	8-15min WU 6x 3minON / 2minOFF 5-10min CD	60-70mins @E
April 17 - 23	REST	30-40 mins @E	STRIDE WORKOUT	30-40 mins @E	40mins @E or 40mins x-train	8-15min WU 3-6x 1K @ 5K / 3min @R 5-10min CD	70-80mins @E
April 24 - 30	REST	30-40 mins @E	STRIDE WORKOUT	30-40 mins @E	40mins @E or 40mins x-train	8-15min WU 12-20x 30secON/ 30secOFF 5-10min CD	50mins @E

May 1 - 7	REST	20-30 mins @E	STRIDE WORKOUT	30-40 mins @E	REST	8-15min WU 4-8x 1minON / 1minOFF 5-10min CD	45mins @E
May 8 - 14	REST	20-30 mins @E	STRIDE WORKOUT	20-30 mins @E	REST	15-30mins @E	RACE DAY!

LEGEND

E = Easy Running – easy running should be slow enough that you could have a mostly uninterrupted conversation
x-train = Cross Training – do something else that gets your HR up: biking, swimming, elliptical, cross-country skiing
R = Recovery (jogging or standing)
ME = Marathon Effort
MP = Marathon Pace
HMP = Half Marathon Pace
HME = Half Marathon Effort
ON = 5-10K Effort – focus on effort not pace!
OFF = Easy Jog or walk
WU = warm up
CD = cool down

WORKOUT EXPLAINERS

Stride Workout (EVERY WEDNESDAY!)

Join us every Wednesday at 5:30PM at Queen’s Square in Fredericton (meet near the pickleball courts) for a FREE group workout run by coaches Stephen, Donna, and Nick. We will be helping athletes of all abilities prepare for the Fredericton Marathon, Half, 10K and 5K.

Can’t make the workout? Follow us on Instagram or like us on Facebook to see the workout for each Wednesday leading up to race day.

Saturday, February 4

The session: REST

Saturday, February 11

The session: 8-15min WU + 5-10x 1minON / 1minOFF + 5-10min CD

Quick explainer: This is an introductory workout. Outside of the warmup and cool down, the session is 10mins long. For the 1minON – you should be running hard, but sustainably – somewhere between 5K and 10K effort.

Saturday, February 18

The session: 8-15min WU + 10-15x 30secON/ 30secOFF + 5-10min CD

Quick explainer: Our goal is to get some speed in the legs! Run as fast for 30 seconds (ideally faster than 5K pace) then jog VERY slowly for 30 seconds.

Saturday, February 25

The session: 8-15min WU + 3x 2minON / 2minOFF + 3x20secON / 80secOFF + 5-10min CD

Quick explainer: The 2minON segments should be at about 5K effort. The 20secON should be accelerations so you hit 90% of your max speed by the end.

Saturday, March 5

The session: 8-15min WU + 3x3minON / 2minOFF + 5-10min CD

Quick explainer: Getting a bit longer this week! Continue to try to hit the ONs at 5K effort, the OFFs should be a very light jog, if you need to walk a bit that's okay too!

Saturday, March 11

The session: 8-15min WU + 10-15x 1minON / 1minOFF + 8-15min CD

Quick explainer: Consider this a comparable workout to when we did it in week two of the plan. This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace. Remember: each interval is not all out.

Saturday, March 18

The session: 30-35mins @E

Quick explainer: Enjoy the down week!

Saturday, March 25

The session: 8-15min WU + 5-6x 1K @10K pace / 2min @R + 5-10min CD

Quick explainer: Time to test out some K repeats. The goal here is to run these at a bit slower than 5K pace but we will be running 5-6 of them. Running a bit slower but further than race day will help build stamina.

Saturday, April 1

The session: 8-15min WU + 2x10minsON / 5minsOFF + 8-15min CD

Quick explainer: This is our biggest session in terms of consecutive hard minutes. Try to run the first 10min segment at 10K pace-ish. Then try to do the second at 5K pace-ish.

Saturday, April 8

The session: 10-15min WU + 8-12x 1minON / 1minOFF + 10-15min CD

Quick explainer: Building on this session after doing in a couple times already. Reminder: This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace.

Saturday, April 15

The session: 8-15min WU + 6x 3minON / 2minOFF + 5-10min CD

Quick explainer: Aiming for 5K effort on the 3minON sections.

Saturday, April 23

The session: 8-15min WU + 3-6x 1K @ 5K / 3min @R + 5-10min CD

Quick explainer: Back to K repeats today. Let's try to hit them at 5K pace this time, but with bigger recovery.

Saturday, April 29

The session: 8-15min WU + 12-20x 30secON/ 30secOFF + 5-10min CD

Quick explainer: TAPER TIME (almost)! We are still working hard, but not gaining fitness anymore. The objective of this workout is run fast enough in the 30 seconds to make 5K pace feel slower and more comfortable.

Saturday, May 6

The session: 8-15min WU + 4-8x 1minON / 1minOFF + 5-10min CD

Quick explainer: GET THOSE ENGINES FIRED UP. But remember nothing you do between now and race day can really make you fitter BUT there are several things you can do to hurt a good race day. Focus on good hydration, good eating and especially, good sleep.