RYAN HALL 5K TRAINING PLAN

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If you're tackling another 5K and trying to get your best time, train for your next run with this 10-week plan from premier runner turned coach Ryan Hall. *This plan is designed for intermediate and advanced runners.*

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	**Easy Run** 25 minutes	**Intervals** Warm up, Run ¼ mile at race pace, Rest 2 minutes, Repeat 5x	**Easy Run** 25 minutes	**Intervals** Warm up, Run 1 mile at race pace, Rest 4 minutes, Repeat 3x, Cool down	**Easy Run** 30 minutes (or cross-train)	**Progression Run** 60 minutes	**Rest**
2	**Easy Run** 35 minutes	**Intervals** Warm up, Run 90 seconds, Rest for 1 minute, Run 3 minutes at 5K pace, Rest 4 minutes, Repeat 3x, Cool down	**Easy Run** 35 minutes	**Pace Run** Warm up, Run 15 minutes at 10K pace, Cool down	**Easy Run** 40 minutes (or cross-train)	**Progression Run** 70 minutes	**Rest**
3	**Easy Run** 45 minutes	**Intervals** Warm up, Run 30 seconds, Jog 1 minute, Repeat 10x without rest, Cool down	**Easy Run** 45 minutes	**Intervals** Warm up, Run ½ mile, Rest 2 minutes, Repeat 6x increasing speed by 1-2 seconds each time, Cool down	**Easy Run** 45 minutes (or cross-train)	**Progression Run** 80 minutes	**Rest**
4	**Easy Run** 25 minutes	**Intervals** Warm up, Run 90 seconds, Rest 1 minute, Run 3 minutes, Rest 4 minutes, Repeat 4x, Cool down	**Easy Run** 25 minutes	**Pace Run** Warm up, Run 20 minutes progressing from Marathon pace to Half-Marathon pace, Cool down	**Easy Run** 30 minutes (or cross-train)	**Progression Run** 90 minutes	**Rest**
5	**Easy Run** 35 minutes	**Intervals** Warm up, Run 30 seconds, Jog for 1 minute, Repeat 12x, Cool down	**Easy Run** 35 minutes	**Intervals** Warm up, Run 1 mile, Rest 2 minutes, Run .5 mile, Rest 4 minutes, Repeat 3x, Cool down	**Easy Run** 40 minutes (or cross-train)	**Progression Run** 70 minutes	**Rest**
6	**Easy Run** 45 minutes	**Intervals** Warm up, Run 90 seconds, Rest 1 minute, Run 3 minutes at 5K pace, Rest 4 minutes, Repeat 4x, Cool down	**Easy Run** 45 minutes	**Pace Run** Warm up, Run 20 minutes progressing from Marathon pace to Half-Marathon pace, Cool down	**Easy Run** 45 minutes (or cross-train)	**Progression Run** 80 minutes	**Rest**
7	**Easy Run** 25 minutes	**Intervals** Warm up, Run 30 seconds, Jog 1 minute, Repeat 12x, Cool down	**Easy Run** 25 minutes	**Intervals** Warm up, Run ½ mile, Rest 2 minutes, Repeat 8x, Cool down	**Easy Run** 30 minutes (or cross-train)	**Progression Run** 90 minutes	**Rest**
8	**Easy Run** 45 minutes	**Intervals** Warm up, Run 90 seconds, Rest 2 minutes, Repeat 9x, Cool down	**Easy Run** 35 minutes	**Pace Run** Warm up, Run 25 minutes progressing from Marathon pace to Half-Marathon pace, Cool down	**Easy Run** 40 minutes (or cross-train)	**Progression Run** 80 minutes	**Rest**
9	**Easy Run** 35 minutes	**Intervals** Warm up, Run 30 seconds, Jog 30 seconds, Repeat 12x, Cool down	**Easy Run** 45 minutes	**Intervals** Warm up, Run 1 mile, Rest 2 minutes, Repeat 3x, Cool down	**Easy Run** 45 minutes (or cross-train)	**Easy Run** 60 minutes	**Rest**
10	**Easy Run** 20 minutes	**Intervals** Warm up, Run 3 minutes, Rest 2 minutes, Repeat 5x increasing speed by 2 seconds each time, Cool down	**Easy Run** 20 minutes	**Pre-Race Workout** Warm up for 15 minutes, Run 10 minutes at marathon pace, **Recover fully**, Run 1 minute, Rest 2 minutes, Repeat 3x, Cool down	**Easy Run** 20 minutes	**Easy Run** 20 minutes	**It's Race Day! Time to put your training to the test.**

5K Training Tips

EASY RUN:
Easy runs should be done at a pace that allows you to keep up a conversation.

INTERVALS:
It's important to train both faster than race pace and slower (but longer) than race pace to build speed and strength. If you don't have access to a track, or even if you do, try setting Run Cues on Fitbit Surge to mark your distance or times during interval runs.

PROGRESSION RUN:
Good training programs are set up in cycles that gradually build, go back down, then gradually build back up again. Try and make each progression run a little bit faster.

CROSS-TRAINING:
Performing other types of exercise allows you to train with less risk of overuse injuries, and you can also strengthen less-used muscles, helping to balance your body. Some ideas to compliment your running routine: 1 hour of elliptical, road biking or mountain biking, OR 30 minutes of swimming or aqua jogging.

REST:
Rest is the most important part of training. Take this day to enjoy family, friends and non-running activities. It's in the rest that we grow. On these days, check the Fitbit app for any spikes in heart rate or sleep irregularities. If you see either, skip the next hard workout until you're back to normal.

About Ryan

Ryan Hall is a retired professional runner and former All-American for Stanford University. He holds the best-ever American times in the Half Marathon and Marathon, and represented the United States in the 2008 and 2012 Olympic Games. Ryan lives in both California and Arizona, with his wife, Sara, and their four children.

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Ryan Hall's Race Week Advice

Monday
Watch the movie *Prefontaine* for some extra race week inspiration. The interval run in Week 7 was one of Steve Prefontaine's favorite 5K training workouts!

Tuesday
It's important to do drills and strides in the final days before the big race to keep your legs firing. People often make the mistake of resting too much, which can leave your legs feeling flat.

Wednesday
Remember, it's normal to feel tired in the last workouts before race day, so don't freak out if you aren't 100%.

Thursday
Make sure you're drinking plenty of water for the next few days, but not so much that your urine is completely clear.

Friday
Your last runs should be fun and easy. The hardest part is behind you. The fun part is the race. But try not to think about it too much, to keep yourself mentally fresh.

Saturday
Conserve energy today—both physically and mentally. Eat plain foods and steer clear of too much fiber, veggies or salt to avoid stomach issues on race day.

Race Day
This is it! Enjoy the fruits of your labor and go get that goal time you've been working toward.

RYAN HALL 10K TRAINING PLAN

Prepare to achieve your personal best and enjoy every run along the way with this 10-week, 10K training plan from former All-American runner Ryan Hall. *This plan is designed for intermediate and advanced runners.*

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	**Easy Run** 35 minutes	**Intervals** Warm up, Run 1 minute, Rest 2 minutes, Repeat 6x, Cool down	**Easy Run** 35 minutes	**Half-Marathon Pace Run** Warm up, Run 15 minutes at half-marathon pace, Cool down	**Easy Run** 35 minutes (or cross-train)	**Progression Run** 80 minutes	**Rest up!**
2	**Easy Run** 45 minutes	**Intervals** Warm up, Run 90 seconds, Rest for 1 minute, Run 3 minutes at 5K pace, Rest 4 minutes, Repeat 3x, Cool down	**Easy Run** 45 minutes	**10K Workout** Warm up, Run 1 mile, Rest 2 minutes, Repeat 3x, Cool down	**Easy Run** 45 minutes (or cross-train)	**Progression Run** 90 minutes	**Rest up!**
3	**Easy Run** 55 minutes	**Intervals** Warm up, Run 3 minutes, Rest 2 minutes, Repeat 3x, Cool down	**Easy Run** 55 minutes	**Half-Marathon Pace Run** Warm up, Run 20 minutes at half-marathon pace, Cool down	**Easy Run** 55 minutes (or cross-train)	**Progression Run** 70 minutes	**Rest up!**
4	**Easy Run** 55 minutes	**Intervals** Warm up, Run 1 minute, Rest 2 minutes, Repeat 8x, Cool down	**Easy Run** 35 minutes	**10K Workout** Warm up, Run 1 mile at 10K pace, Rest 2 minutes, Repeat 4x, Cool down	**Easy Run** 35 minutes (or cross-train)	**Progression Run** 80 minutes	**Rest up!**
5	**Easy Run** 45 minutes	**Intervals** Warm up, Run 90 seconds, Rest 1 minute, Run 3 minutes, Rest 4 minutes, Repeat 3x, Cool down	**Easy Run** 45 minutes	**Half-Marathon Pace Run** Warm up, Run 25 minutes at half-marathon pace, Cool down	**Easy Run** 45 minutes (or cross-train)	**Progression Run** 90 minutes	**Rest up!**
6	**Easy Run** 55 minutes	**Intervals** Warm up, Run 3 minutes, Rest 2 minutes, Repeat 6x, Cool down	**Easy Run** 55 minutes	**10K Workout** Warm up, Run 1 mile at 10K pace, Rest 2 minutes, Repeat 5x, Cool down	**Easy Run** 55 minutes (or cross-train)	**Progression Run** 70 minutes	**Rest up!**
7	**Easy Run** 45 minutes	**Intervals** Warm up, Run 1 minute, Rest 2 minutes, Repeat 10x, Cool down	**Easy Run** 45 minutes	**Half-Marathon Pace Run** Warm up, Run 30 minutes at half-marathon pace, Cool down	**Easy Run** 45 minutes (or cross-train)	**Progression Run** 80 minutes	**Rest up!**
8	**Easy Run** 55 minutes	**Intervals** Warm up, Run 90 seconds, Rest 1 minute, Run 3 minutes, Rest 4 minutes, Repeat 5x, Cool down	**Easy Run** 55 minutes	**10K Workout** Warm up, Run 1 mile at 10K pace, Rest 2 minutes, Repeat 5x, Cool down	**Easy Run** 55 minutes (or cross-train)	**Progression Run** 90 minutes	**Rest up!**
9	**Easy Run** 35 minutes	**Intervals** Warm up, Run 3 minutes, Rest 2 minute, Repeat 8x, Cool down	**Easy Run** 35 minutes	**Half-Marathon Pace Run** Warm up, Run 20 minutes at half-marathon pace, Cool down	**Easy Run** 35 minutes (or cross-train)	**Easy Run** 60 minutes	**Rest up!**
10	**Easy Run** 20 minutes	**Intervals** Warm up, Run 1 minute, Rest 2 minutes, Repeat 6x, Cool down	**Easy Run** 20 minutes	**Pre-Race Workout** Warm up for 15 minutes, Run 10 minutes at marathon pace, **Fully recover**, Run 1 minute at 10K pace, Rest 2 minutes, Repeat 3x, Cool down for 15 minutes	**Easy Run** 20 minutes (or cross-train)	**Easy Run** 20 minutes (or cross-train)	**It's Race Day! Time to put your training to the test.**

10K Training Tips

EASY RUN:
It's better to base "easy" runs on time rather than distance. That way your body isn't forced to run for long durations just to cover a certain distance.

10K WORKOUT:
This is a "bread & butter" workout for elite 10K runners, and will prepare you for the challenges ahead. But don't overdo it on your first attempt—you should see gradual improvement towards your goal over time.

INTERVALS:
It's important to train both faster than race pace and slower (but longer) than race pace to build speed and strength. If you don't have access to a track, or even if you do, try setting Run Cues on Fitbit Surge to mark your distance or times during interval runs.

RACE PACE:
When training at "goal race pace" the idea is to keep your body relaxed for as long as possible. Think about resting your face, shoulders and arms often throughout the workout to maximize your energy output.

PROGRESSION RUN: Good training programs are set up in cycles that gradually build, go back down, then gradually build back up again. Try and make each progression run a little bit faster.

CROSS-TRAINING: Performing other types of exercise allows you to train with less risk of overuse injuries, and you can also strengthen less-used muscles, helping to balance your body. Some ideas to compliment your running routine: 1 hour of elliptical, road biking or mountain biking, OR 30 minutes of swimming or aqua jogging.

REST: The most important component to training is sleep. The more you sleep, the better you'll recover from workouts. The Fitbit app can help you track sleep quality and help you make sure you're getting enough of it. You can also enhance sleep quality by eating 20g of protein before bed (especially whey protein), keeping your bedroom cold and avoiding tv or other bright lights within an hour before bed.

About Ryan

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