

# 5 week 15k training plan

## 5 Week 15k Training Plan: Your Guide to Conquer 9.3 Miles

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**Publisher:** Runner's World Online – Runner's World is a leading publisher in the running community, known for its high-quality content, expert advice, and commitment to helping runners of all abilities achieve their goals. Their online platform provides a wealth of information on training, gear, nutrition, and running events.

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## Introduction: Embarking on Your 5 Week 15k Training Plan Journey

This comprehensive guide details a meticulously designed 5-week 15k training plan, perfect for runners aiming to complete a 9.3-mile race. Whether you're a seasoned runner looking to improve your time or a dedicated intermediate runner ready for a new challenge, this plan provides a structured approach to build endurance, strength, and speed while minimizing the risk of injury. This 5 week 15k training plan emphasizes gradual progression, incorporating key elements like rest, cross-training, and proper nutrition to ensure optimal performance and recovery.

## Understanding the 5 Week 15k Training Plan Structure

This 5-week 15k training plan is structured to gradually increase your weekly mileage and intensity, allowing your body to adapt and avoid overtraining. It's crucial to listen to your body and adjust the plan as needed. Don't hesitate to take extra rest days if you feel fatigued or experience any pain.

**Week 1: Building the Foundation (Base Week)**

**Focus:** Establishing a baseline fitness level and building a solid running base.

Typical Runs: 3 runs per week. One easy run (3-4 miles), one interval training session (6 x 400m with recovery jogs), and one long run (5 miles). Incorporate cross-training activities like swimming or cycling on rest days.

## Week 2: Increasing Mileage and Intensity

Focus: Gradually increasing your long run distance and introducing tempo runs to improve your aerobic capacity.

Typical Runs: 4 runs per week. Two easy runs (3-4 miles each), one tempo run (20-30 minutes at a comfortably hard pace), and one long run (6-7 miles).

## Week 3: Peak Week Preparation

Focus: Reaching your peak mileage and intensity before tapering down.

Typical Runs: 4 runs per week. Two easy runs (3-4 miles each), one interval training session (8 x 400m with recovery jogs), and one long run (8 miles).

## Week 4: Tapering for the Race

Focus: Allowing your body to recover and store energy for race day.

Typical Runs: 3 runs per week. Two easy runs (2-3 miles each), and one shorter long run (4-5 miles). Focus on rest and nutrition.

## Week 5: Race Week and Recovery

Focus: Race day performance and post-race recovery.

Typical Runs: One very easy run (1-2 miles) early in the week. Rest and hydrate leading up to the race. A very light jog or walk might be appropriate in the days immediately following your race. Prioritize rest and nutrition.

# Incorporating Key Elements into Your 5 Week 15k Training Plan

**Interval Training:** This crucial component of your 5 week 15k training plan improves your speed and endurance. Interval training involves alternating between high-intensity bursts and periods of recovery.

**Tempo Runs:** Tempo runs help you build lactate threshold, which is the point at which lactic acid starts to build up in your muscles. Improving your lactate threshold is crucial for sustained effort during your 15k race.

**Long Runs:** Long runs are the cornerstone of any endurance training plan. They build your aerobic base, increase your endurance, and prepare your body for the demands of a 15k race.

**Rest and Recovery:** Adequate rest is just as important as training. Your body needs time to repair and rebuild muscle tissue. Incorporate rest days into your 5 week 15k training plan.

**Cross-Training:** Cross-training activities like swimming or cycling can help improve your overall fitness without putting excessive stress on your running muscles.

**Nutrition and Hydration:** Proper nutrition and hydration are crucial for optimal performance. Fuel your body with a balanced diet rich in carbohydrates, protein, and healthy fats. Stay hydrated by drinking plenty of water throughout the day, especially before, during, and after your runs.

## **Essential Considerations for Your 5 Week 15k Training Plan**

**Listen to your body:** Pain is a warning sign. Don't push through pain. Rest or modify your training as needed.

**Proper warm-up and cool-down:** Always warm up before each run and cool down afterward to prevent injuries.

**Invest in good running shoes:** Proper footwear is crucial for preventing injuries and enhancing performance.

**Stay consistent:** Consistency is key to success. Stick to your training plan as much as possible.

**Find a running buddy:** Training with a friend can help you stay motivated and accountable.

## **Conclusion: Achieving Your 15k Goal**

This 5 week 15k training plan provides a structured approach to prepare you for your race. By diligently following the plan and incorporating the key elements discussed, you'll significantly enhance your endurance, strength, and speed. Remember to listen to your body, prioritize rest and recovery, and enjoy the journey. Conquering a 15k is a significant accomplishment, and this plan will help you achieve your goal.

## **FAQs**

1. Can I modify this 5 week 15k training plan if I'm a beginner? Yes, but you may need a longer training period. Consult a running coach for a personalized plan.
2. What should I eat before and after my runs? Consume carbohydrates before your runs for energy and protein and carbohydrates after to aid recovery.
3. How can I prevent injuries during this 5 week 15k training plan? Proper warm-up, cool-down, gradual progression, and listening to your body are key.
4. What if I miss a day of training? Don't panic. Just get back on track as soon as possible. Avoid making up missed runs by doubling up.
5. Is cross-training essential for this 5 week 15k training plan? It's highly beneficial for injury prevention and overall fitness improvement.
6. How much sleep should I get while following this plan? Aim for 7-9 hours of quality sleep per night.
7. What pace should I run at during my long runs? A conversational pace is ideal. You should be able to talk comfortably while running.

8. What if I feel pain during a run? Stop immediately. Rest and assess the pain. If it persists, consult a doctor or physical therapist.
9. What should I do the day before my 15k race? Rest, hydrate, and eat a light carbohydrate-rich meal.

## Related Articles:

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2. Nutrition Strategies to Optimize Your 5 Week 15k Training Plan: This article delves into the importance of diet and hydration during the training period.
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9. Post-Race Recovery: Maximizing Your Results After a 15k: This article provides guidance on how to recover properly after completing the 15k race.

**5 week 15k training plan: Hal Higdon's Half Marathon Training** Higdon, Hal, 2016-03-01  
Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

**5 week 15k training plan: Run to the Finish** Amanda Brooks, 2020-03-03  
Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner. In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so

they can continue to enjoy running. *Run to the Finish* is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

**5 week 15k training plan: *Advanced Marathoning*** Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science-based training for serious runners. *Advanced Marathoning* has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, *Advanced Marathoning* provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, *Advanced Marathoning* is simply the most comprehensive and efficient approach to marathon training. If you're ready to achieve your personal best, this book is for you.

**5 week 15k training plan: *Marathon*** David A. Smith, 1982

**5 week 15k training plan: *The Run Walk Run® Method*** Jeff Galloway, 2016-05-23 Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author *Runner's World* articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

**5 week 15k training plan: *Faster Road Racing*** Pete Pfitzinger, Philip Latter, 2014-11-24 Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for *Running Times*, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. *Faster Road Racing: 5K to Half Marathon* presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. *Faster Road Racing* is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

**5 week 15k training plan: *Daniels' Running Formula*** Jack Daniels, 2014 Recommended by *Runner's World* magazine as the best training book by the world's greatest coach, *Daniels' Running Formula* provides an expert training and racing blueprint for dedicated runners of all abilities.

**5 week 15k training plan: *Healthy Tipping Point*** Caitlin Boyle, 2012-05-01 Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of *Operation Beautiful*. In *Healthy Tipping Point*, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the

environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, Healthy Tipping Point provides the drive to thrive.

**5 week 15k training plan: Hansons Marathon Method** Humphrey Luke, 2012-11-27 In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. Hansons Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. Hansons Marathon Method does away with mega-long runs and high-mileage weekends—two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

**5 week 15k training plan: Run Fast** Hal Higdon, 1992 Hal Higdon shows runners of every calibre how to train and run short, popular 5, 8 and 10 kilometre races faster with added information on how to recuperate and stay focused when the going gets rough.

**5 week 15k training plan: Run Faster from the 5K to the Marathon** Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

**5 week 15k training plan: Marathon** Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

**5 week 15k training plan: Runner's World Running on Air** Budd Coates, Claire Kowalchik, Editors of Runner's World Maga, 2013-04-09 Renowned running coach Budd Coates presents Runner's World Running on Air, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern

philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

**5 week 15k training plan: Run Your Butt Off!** Leslie Bonci, Sarah Butler, Budd Coates, 2011-03-15 Shed unwanted pounds and keep them off ONCE AND FOR ALL with Run Your Butt Off!, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields sustainable, healthy results. The Run Your Butt Off! program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation—the calories in and the calories out—at the same time. Run Your Butt Off! will make you fitter, stronger, and leaner.

**5 week 15k training plan: The Time-Saver's Workout** John Little, 2019-04-09 There is something terribly wrong with the state of exercise as we know it presently. Sales of treadmills, running shoes, gym memberships, and yoga classes are at an all-time high, but so too are our national levels of obesity and type II diabetes. Ever since the 1960s the exercising public has been told to stretch for flexibility and to perform low-intensity steady-state aerobic exercise for their cardiovascular systems and some form of resistance training to keep their muscles strong. With regard to diet, they have been told to restrict or omit macronutrients such as fats and carbohydrates and lots of other advice with regard to calorie-counting. Could it be that this information, however well intended, was mistaken? And is it really necessary to devote so much time to the pursuit? Fitness researcher and pioneer John Little has spent more than twelve years researching the actual science underpinning our most prevalent beliefs about exercise and has come away from the enterprise convinced that we need an entirely new paradigm, one that would involve reliance on briefer workouts. He presents this revolutionary new approach in *The Time-Saver's Workout*. Among the fascinating revelations presented in this book: • Certain types of exercise can actually make you less healthy and fatter. • Taking large doses of food supplements might actually shorten your life and put you at greater risk for disease. • Stretching to become more flexible or to recover quicker from injury has been found to do neither of these things. • Resistance training, once considered to be the weak sister of exercise, is now looking like the best form of exercise one should engage in. The new protocols that Little exposes offer a far safer alternative for those looking to become stronger, fitter, and healthier without spending their lives in the gym.

**5 week 15k training plan: Runner's World Run Less Run Faster** Bill Pierce, Scott Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the

most detailed, well-organized, and scientific training program for runners that I have ever seen.

**5 week 15k training plan:** *Running Tough* Michael Sandroock, 2000-10-17 Imagine training with the best distance runners and running coaches of our time, learning their favorite and most effective workouts, and discovering their hard-earned secrets to success. With *Running Tough* you'll find yourself running side by side with such world-class runners as Bill Rodgers, Libbie Hickman, Frank Shorter, Arthur Lydiard, Ron Clarke, Emil Zatopek, and Adam Goucher, tasting their unwavering dedication and determination, and viewing firsthand their training runs. Written by prolific running journalist Michael Sandroock, *Running Tough* organizes the workouts by training goals to create a user-friendly handbook. This allows you to develop a customized training plan using the most appropriate workouts for training and racing. You'll find chapters dedicated to - long runs, to help develop aerobic endurance - off-road training, to build and strengthen the legs; - fartlek training or the speedplay, to discover variety; - interval workouts, to increase speed; - hill workouts, to build strength and stamina; - tempo runs, to push anaerobic thresholds; - recovery fun runs, to heal muscles while emphasizing the enjoyment of the sport; and - building a program, to prepare for competition. With *Running Tough*, you'll have the tools to create enhanced training programs, discover new plateaus in your workout regimes, and meet the challenges of world-class competition. You'll find that whether you're looking for increased strength and endurance, improved aerobic or anaerobic capacity, or just a competitive edge, *Running Tough* will help you train with more efficiency, more enthusiasm, and more variety.

**5 week 15k training plan:** *Hal Higdon's How to Train* Hal Higdon, 1997 Describes twenty-four training programs designed for different sports, types of people, and goals

**5 week 15k training plan:** *The Secret of Running* Hans van Dijk, Ron van Megen, 2017-05-01 How much power does your human engine have? How much power do you need for running in different conditions? How can you optimize your training and racing performance? How can you use power meters to improve your results? What are the ultimate limits of human performance? *The Secret of Running* answers all of these questions. All factors determining the performance in running (from 800-meter race to marathon) are explained step by step: training, nutrition, body weight, running form, wind, hills, temperature, running gear, power meters and much more. Written in a crystal-clear and lively style, this book is a wealth of information for every ambitious runner. This title also contains brand new insights on how the balance of the power of your human engine and the power requirement for running in different conditions determines your performance. It shows how power meters can be used to optimize your training, running economy and race result. This book is lavishly illustrated and packed with useful data. Being already a bestseller in the Netherlands and Belgium, *The Secret of Running* can be considered the ultimate textbook for all serious runners and their coaches.

**5 week 15k training plan:** *Once a Runner* John L. Parker, 2009-04-07 The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

**5 week 15k training plan:** *The Happy Runner* Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that

you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

**5 week 15k training plan: Easy Interval Method** Klaas Lok, 2019-07-20 Unique training method with proven results for novice, recreational, competitive, elite and world class runners.

**5 week 15k training plan: Train Like a Mother** Dimity McDowell, Sarah Bowen Shea, 2012-03-20 The authors of Run Like a Mother share a comprehensive guide to race training for busy runners of all experience levels. In Train Like a Mother, elite runners Dimity McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race—from training plan to finish line. Covering four race distances (5K, 10K, half-marathon, and marathon), they discuss pre- and post-race nutrition; strength training; injury prevention (and rehab); the importance of recovery; and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with.

**5 week 15k training plan: Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run Farther, Faster, and Injury-Free** Melissa Breyer, Pete Magill, Thomas Schwartz, 2014-07-29 "The best running book ever." —Bob Anderson, founder of Runner's World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS: • 393 photos that make it easy to follow every step of every workout • 10 training programs to help runners of all levels integrate the total-body plan into their daily routines • Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today • Race strategy for the crucial weeks leading up to the competition and through to the finish line • Exercises to prevent injury and rehabilitate common running ailments • Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics • Nutrition guidance on carbs, proteins, fats, and weight loss • More than 30 recipes to speed recovery and cement fitness gains • Beginners' guidelines every step of the way • Valuable tips on proper apparel, tracking your progress, and more!

**5 week 15k training plan: Masters Running** Hal Higdon, 2005-03-10 A championship runner describes the techniques and methods needed to become a competitive runner after age forty, with information on intelligent training, developing fitness and flexibility, maintaining a healthy diet, and much more. Original. 20,000 first printing.

**5 week 15k training plan: No Meat Athlete** Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions.

The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

**5 week 15k training plan: Fast 5K** Pete Magill, 2019-09-10 Spend two hours with Pete Magill's Fast 5K and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. Fast 5K shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

**5 week 15k training plan: YOU (Only Faster)** Greg McMillan, McMillan Running, 2013-04-12

**5 week 15k training plan: The Cool Impossible** Eric Orton, 2014-05-06 Featured in the book Born to Run, running coach Eric Orton offers a guide for every runner... Natural running is more than barefoot running. It's about the joy of running that we were all born with and can reawaken. With a program focused on proper form, strength development, and cardiovascular training, Orton will help beginners, competitors, and enduring veterans reach "the cool impossible"—the belief that any achievement, athletic or otherwise, is within our reach. Inside you'll find: \* Foot strength exercises for runners to catapult performance, combat injuries, and transform technique \* A total-body-strength program designed for runners \* Step-by-step run-form coaching for performance and lifelong healthy running \* A training program for building endurance, strength, and speed \* No-nonsense nutrition for runners \* Visualization and mind-training tactics to run and live the Cool Impossible \* And much more... **ATHLETICISM IS AWARENESS**—awareness of form and technique, awareness of our effort level, and, most important, awareness of what we think. And with that awareness comes the endless potential for mastery and achievement beyond anything you thought possible. **INCLUDES PHOTOS**

**5 week 15k training plan: Hansons First Marathon** Luke Humphrey, Keith Hanson, Kevin Hanson, 2018-10-12 The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. - Desiree Davila, Olympic marathoner With the right training, ANYONE can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: Finding your foot type and a good shoe for marathon training The types of workouts and how (and why) to do them Choosing your race wisely Training around travel, illness, and navigating injuries How to stretch and strength train for marathon Ways to recover from daily

runs and after your race Science-based nutrition and hydration guidelines for workouts and race day What to do differently during the crucial final 6 weeks before your race How to get to the start line feeling confident, stress-free, and ready Setting an ideal marathon race strategy that puts you in control Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose *Hansons First Marathon* to start your marathon adventure and you'll set yourself up for success.

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**5 week 15k training plan: *Run Fast*** Hal Higdon, 2016-10-04 Achieve a personal best at any distance Are you looking for better race times, whether you run 5Ks or marathons? Searching for that ultimate, exhilarating moment when you're running faster than ever before? Or do you just want to have more fun when you run? You can run faster, and this book will show you how. *Run Fast* is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance. Hal Higdon is one of the most experienced and trusted experts in running, and this classic volume is completely revised and updated with new workouts, race distances, and advice for runners of every level. *Run Fast* spells out a complete program to help you increase your speed, build your endurance, improve your times, and motivate yourself to achieve your running goals. New training plans for novice runners make getting started easy. More experienced runners will discover refreshing workouts that both improve their speed and make training fun. And, if you've taken an exercise break, you'll see how to get back in shape while staying injury free. Packed with stories and tips from coaches, record-holders, and average runners alike, *Run Fast* is brimming with inspiration. Experience the thrill of better race times, the satisfaction of running strong, and the sheer joy that comes from running faster than ever before.

**5 week 15k training plan: *Chi Marathon*** Danny Dreyer, Katherine Dreyer, 2012-03-13 From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary *ChiRunning* program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and

feel confident no matter the distance.

**5 week 15k training plan: Marathon for Mortals** John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In *Marathon for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathon for Mortals*, you'll find: • 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon • The advice you need to physically, mentally, and spiritually reach your dreams • Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods • Guidance for common motivational, physical, and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

**5 week 15k training plan: Body by Science** John R. Little, Doug McGuff, 2009-01-11 Building muscle has never been faster or easier than with this revolutionary once-a-week training program. In *Body By Science*, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

**5 week 15k training plan: The Working Triathlete** Conrad Goeringer, 2020-07-14 Includes detailed 18-week Olympic Distance & Half Iron Distance Training Plans! Stop worrying about not having enough time! No matter if you travel for work five days a week, are in the throes of medical residency, or put in 12+ hour days at the office, you can be exceptionally fast. Learn the principles, strategies, and tips behind the Working Triathlete training method to maximize your performance in fewer hours. **LEARN HOW TO TRAIN WITH MAXIMUM EFFICIENCY** The Working Triathlete was written for busy people who want to dominate in life and athletics. Learn how to cut out the fluff and wring every drop of potential from your body in the time you have available to train. **YOU'LL DISCOVER:** The secrets governing the Working Triathlete Training Methodology. Strategies to scale training to fit your life. Key workouts designed to enhance speed, endurance and efficiency. Ways to leverage tools and technology to optimize your training. Those who learn how to do more in less time tend to lead more fulfilling lives. Most athletes are busy individuals who have aspirations at work, home and on the racecourse. Fortunately, you don't have to sacrifice speed to live a balanced and productive life! **YOU WILL ALSO LEARN HOW TO:** Structure a training cycle for enhanced consistency and performance. Manipulate volume, frequency and intensity to maximize fitness in fewer hours. Approach your genetic potential in triathlon while staying sane, married and employed. **A DIVORCE IS NOT A PREREQUISITE TO QUALIFYING FOR KONA!**

**5 week 15k training plan: Training Young Distance Runners** Larry Greene, Russell R. Pate, 2014-12-30 As the best-selling guide in the sport, *Training Young Distance Runners* has helped countless runners achieve their best times, avoid injuries, and improve their performance progressively from season to season. Updated, expanded, and enhanced, this new edition further solidifies its standing as a must-have for athletes and coaches in cross country, track and field, and road racing. Running experts Larry Greene and Russ Pate combine the latest research with training, development, and conditioning plans from the most successful high school and college programs in the world. You'll learn to optimize performance through tempo running, interval training, and technique work to improve form. You'll gain a competitive advantage with expert advice and strategies for event-specific training, avoiding injuries, and overcoming setbacks. With guidelines for designing customized daily, weekly, and seasonal programs—as well as coverage of hot topics including nutritional supplements, barefoot running and minimalist shoes, and gearing training to the specific needs of girls and boys—*Training Young Distance Runners* is the most complete and current training guide for the sport. Essential reading for coaches, parents, and young runners, this

book has everything you need to get and stay ahead of the pack.

**5 week 15k training plan: Running for Mortals** John Bingham, Jenny Hadfield, 2007-04-17 The authors of *Marathoning for Mortals* - John The Penguin Bingham and Coach Jenny Hadfield, MA, CPT - now show beginning runners how to fit running into their lifestyle easily You don't have to run fast or competitively to reap the rewards that running has to offer. What you do need is the courage to start. That is the Penguin mantra that has enabled John Bingham—through his best-selling book *No Need for Speed*, his popular monthly column for *Runner's World* magazine, and his many appearances at major running events throughout the year—to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them. By teaming up with coach Jenny Hadfield, his wife and coauthor on *Marathoning for Mortals*, Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules. In this book, backed by *Runner's World*, the authority of America's leading running magazine, the authors provide tips for getting started, sticking to a routine, eating for energy, hydration, and training for speed and endurance.

**5 week 15k training plan: How to Run** Paula Radcliffe, 2011-04-14 Everyone knows running is good for you. But whether it's once around the block once a week, more serious preparation for a charity 10-kilometre race or half-marathon, or dedicated training over a period of months for a full marathon, it helps if you know what it is you're trying to achieve, and how to get there. As one of our best-known, most successful and gifted runners, Paula Radcliffe is perfectly placed to write this essential companion guide. Aimed at both novices and experienced athletes, *HOW TO RUN* tells you everything you need to know about preparation, diet, equipment, training and technique. A new mother herself, there's also a section on exercising while pregnant, as well as myriad tips and insights from her huge experience of running all distances in all weathers. Superbly clear, well organised and fully illustrated throughout, Paula Radcliffe's *HOW TO RUN* is the only book you'll need to help you get the best out of your running.

**5 week 15k training plan: The Non-Runner's Marathon Trainer** David A. Whitsett, Forrest A. Dolgener, Tanjala Jo Kole, 1998-02-01 Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. *The Non-Runner's Marathon Trainer* is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a *Runner's World* article titled *Marathoning 101*. The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way. This is marathon running for real people, people with jobs and families and obligations outside of running. *The Non-Runner's Marathon Trainer* has proven successful for men and women of all ages. Now let it work for you.

## Additional Resources

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