

# Strength Training for the 5k

Strength training for the 5k is primarily focused on improving stride efficiency, generating maximum muscle recruitment with each step, and facilitating overall strength to improve muscular endurance.

As such, the primary phases of strength training (the Maintenance and Peak phases) will include more explosive plyometric movements and general strength work compared to specific marathon or half marathon strength training. Below is an outline for a 12 and 16 week 5k-specific strength training program:

## Notes before getting started

- Beginners would typically be classified as runners who have been training for less than a year while experienced runners would be those who have been training hard for a year or longer. If you find the beginner routine too easy (some runners are just naturally better athletes from the get go) move yourself into the experienced category. Likewise, don't hesitate to drop down if you find the experienced to be too much. The introductory period is designed for this movement.
- The example plans are suggested training days. If you run or workout on different days, adjust your plan accordingly. However, the outline should give you a good idea of when during your training you should be performing each routine. For example, a routine that comes after "workout +" should always be performed on a harder workout day.
- If you have less than 16 weeks to train for your goal race, first remove 1 or 2 weeks from the introduction phase, making it last as little as 1 week. If you have less time, remove 1 week from each phase except the taper phase, starting from the foundation phase until you shorten the prescription to fit your allotted training length.
- If you have an important tune-up race (a race you would classify as a 4 or above on a scale of 1-5 in regards to importance), insert the taper phase the week of that race to freshen up your legs.

## 16-Week Strength Training Plan

### Phase One: Introduction – Weeks 1 to 3

#### Purpose and Goals

The goal during the introductory phase is to get your body accustomed to your new routines and adapting muscles to the workload. This will help build resistance to injury as well as make sure you're ready for the harder workouts ahead. The number of sets will be low, which will help prevent injury and overdoing it early in the training program.

You'll be starting with the most basic and easiest routines and progress to the more dynamic and difficult routine in the latter phases. Primarily, you'll be performing the basic core routine (Atlas) as well as bodyweight general strength (Poseidon).

#### Example Plans

##### Beginners

You should try to strength train 3 days per week with at least one non-strength training day between each routine. Per

the hard days hard, easy days easy principle, your strength training days should also be your running days if possible. Here is an example routine:

Day	Routine	Sets
Monday	Run + Atlas - Basic Core	1 set
Tuesday		
Wednesday	Run + Poseidon - General strength bodyweight	1 set
Thursday		
Friday	Run + Atlas - Basic Core	1 set
Saturday		
Sunday		

## Experienced

More experienced runners should include strength training four days per week in the introductory phase. The days you strength train should be on days that you run so that your recovery and cross training days can truly be used for recovery. Here is how an example week would look:

Day	Routine	Sets
Monday	Run + Atlas or Iapetus - Basic Core	1 set
Tuesday	Run + Poseidon - General strength bodyweight	1 set
Wednesday		
Thursday	Run + Atlas - Basic Core	1 set
Friday		
Saturday	Run + Poseidon - General strength bodyweight	1 set
Sunday		

## Phase Two: Foundation - Weeks 4 to 7

### Purpose and Goals

This phase of training builds off the introductory period by adding an additional strength training day and incorporating more dynamic and specific routines. Like the foundation phase of a running plan, this phase will help your muscles to handle a higher training load and continue to make strength gains by changing the stimulus.

### Example Plans

## Beginners

You'll move to four days of strength training in this phase. The core routine and general strength work should still be done on your running days. The circuit training routine should be completed on a non-running day because it's aerobic in nature. Here's an example training week:

Day	Routine	Sets
Monday	Run + Apollo (dynamic core)	1 set
Tuesday	Run + Poseidon or Zeus (general strength)	1 set
Wednesday		
Thursday	No run + Chronos (bodyweight circuit routine)	1 set
Friday		
Saturday	Run + Atlas (Basic core)	1 set
Sunday		

## Experienced

In this phase, you'll be performing strength training 5-6 days per week. The Chronos circuit training routine is optional and is considered more of a cross training day. If you have an extra day off and want to add strength work to your cross training day, you can add this routine. The Athena or Triton leg circuit should be added after your primary speed workout for the week. Hermes speed drills should be added after your long run to help loosen your legs after they are tired.

Day	Routine	Sets
Monday	Run + Apollo (dynamic core) or Iapetus (advance core)	1 set
Tuesday	Workout + Athena or Triton (leg circuit)	1 set
Wednesday	No run + Chronos (circuit training) - optional	
Thursday	Run + Poseidon or Zeus (general strength)	1 set
Friday	Run + Ares (power core)	1 set
Saturday		
Sunday	Long run + Hermes (speed drills)	1 set

## Phase Three: Maintenance – Weeks 8 to 10

### Purpose and Goals

The Maintenance phase will incorporate the most difficult routines to change and increase the stimulus to continue the strength gains you've made the previous 8 weeks. By this point, you should be noticing a difference in your stride

and overall strength compared to when you started. This is the final building block before the most 5k specific workouts during the Peak phase.

## Example Plans

### Beginner

In this phase of training, you'll add the leg circuit, which is a difficult leg strengthening workout as well as the more explosive, power-oriented core routine (Ares). Both additional routines will continue to progress your fitness to more race-specific strength.

Day	Routine	Sets
Monday	Run + Apollo (dynamic core)	1 set
Tuesday	Workout + Athena (leg circuit)	1 set
Wednesday		
Thursday	No run + Aether (med ball circuit routine)	1 set
Friday		
Saturday	Run + Ares (power core)	1 set
Sunday		

### Experienced

This phase will transition you into the plyometric movements, which are the most difficult of the running-specific routine. They will help provide your legs with the explosive power to generate more force per stride. We've also added the Hades routine, which brings more resistance to the core routine by adding a medicine ball.

Day	Routine	Sets
Monday	Run + Apollo (dynamic core) or Iapetus (advanced core)	1 set
Tuesday	Workout + Athena or Triton (leg circuit)	1 set
Wednesday	No run + Aether (circuit training) - optional	
Thursday	Run + Kratos (hip)	1 set
Friday	Workout + Hades (plyometrics)	1 set
Saturday		
Sunday	Long run + Hermes (speed drills)	1 set

## Phase 4: Peak – Weeks 11 to 15

## Purpose and Goals

Like it is with running workouts, the goal of the peak phase is to achieve your highest level of race specific strength. Therefore, you'll be completing the hardest strength workouts of the training cycle.

## Example Plans

### Beginner

In this final phase, you'll increase the number of sets for your core training to 2 and add a running specific plyometric routine (Hades) as well as speed and form drills (Hermes). Both these additional routines are very 5k specific and will develop explosive power from each stride while helping you run more efficiently.

Day	Routine	Sets
Monday	Run + Apollo (dynamic core)	2 sets
Tuesday	Workout + Athena or Triton (leg circuit)	1 set
Wednesday		
Thursday	Run + Ares (power core)	2 sets
Friday	Workout + Hades (plyometric routine)	1 set
Saturday		
Sunday	Long run + Hermes (speed drills)	1 set

### Experienced

As expected, this is the most challenging three weeks of the strength training routine. Your sets will increase to 2 for most routines and you'll add a general strength routine on one of your easy running days. By the end of this phase, you'll be more efficient and powerful with each stride.

Day	Routine	Sets
Monday	Run + Apollo (dynamic core) or Iapetus (advanced core)	2 sets
Tuesday	Workout + Athena or Triton (leg circuit)	2 sets
Wednesday		
Thursday	Run + Kratos (advanced hip)	2 sets
Friday	Workout + Hades (plyometric routine)	2 sets
Saturday	Run + Poseidon or Zeus (general strength)	1 set
Sunday	Long run + Hermes (speed drills)	1 set

## Phase 5: Taper and Race Prep – Week 16

### Purpose and Goals

The goal of the taper phase is to reduce the strength training so that you're not fatigued from too much ancillary work, yet still maintain the gains that you've made throughout the training segment. Here is how you'll reduce the strength training in your final week of race preparation.

### Example Plans

The taper plan is the same for beginner and experienced runners. You'll reduce your strength training to just the first 3 days in the week and perform the most basic exercises, as well as the speed drills to help keep your form efficient. By Friday of this week, you'll be feeling fresh and as strong as you've ever been. Race smart and fast!

Day	Routine	Sets
Monday	Run + Atlas (basic core)	1 set
Tuesday	Workout + Hermes (speed drills)	1 set
Wednesday	Poseidon (general strength bodyweight)	1 set
Thursday		
Friday		
Saturday		
Sunday		

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