Plan C is ideal for:
Veteran runners comfortable racing the 5K distance who just need to fine tune, or get back into race shape

Recommended base prior to beginning Plan C:
(1) Consistently running 3+ days per week for several months
(2) Comfortable running 3 miles without stopping and moderate hills

Wednesday Coached Group Runs
Wednesday group runs are short, but not too sweet. You will push yourself out of your comfort zone and get comfortable being uncomfortable. Group runs meet at Baker Park, near the downstairs entrance to Talley Recreation Center.

Monday Run
There are no coached group runs on Mondays. We encourage you to use the **Frederick Women's 5k Training Program** Facebook group to find other participants to do your workout with.

Tuesday and Thursday Strength and/or Cross Training
At a minimum, do the **BASIC 5** strength/balance routine. Ideally, do 30-60 minutes of low impact cross training – swimming, cycling, and/or yoga, or a strength training workout at the gym that focuses on upper body, core and hip strengthening. With strength training workouts, dial it back a little. A little soreness and fatigue the next day is okay, but you should not be so sore and tired that it significantly affects your run.

Saturday Coached Long Run
The Saturday long run is a key workout for the week. Take it slow enough that you aren't completely wiped out at the end of the run. You should feel tired, but not so tired that you just want to sit on the couch for the rest of the day.

Moving Days Around
Life happens. Sometimes you may need to move runs around. We recommend looking at your weekly schedule every Sunday evening, and planning into your week when you are going to do your workouts. **Consistency is the key factor to success in running.** It is okay to move your weekday runs to other days within these rules:
(1) Take a day off between runs if running 3 days a week. If running 4 days a week, do not run more than 2 days in a row.
(2) It is okay to do a run on the same day as a strength training workout. Either run, immediately followed by the BASIC 5 or strength workout in the gym, or separate your run and strength training workout by a minimum of 6-8 hours. Avoid doing a strength workout followed immediately by a run.
(3) Missing one run is generally not a problem. However, if you need to miss consecutive runs (sickness, life, etc.), please contact your coach for advice on altering your training plan.
If you have further questions about how to move your runs around, please ask your coach.

Adding Miles
Plan C assumes you are coming into the program running 3 days a week with a weekly mileage of 8 to 10 miles. If you are coming into the program with a consistent weekly mileage in the 10 to 12 mile range and are unaccustomed to doing regular cross-training, tempo runs, and form drills, don't be too quick to want to add mileage. Those additional activities will stress your body well enough. However, there are a few runners who will come into the program with an even higher base mileage, and possibly running 4 days a week consistently. Those runners, may want to add mileage to more closely match their mileage coming in. To continue on a 3 days-per-week schedule, the first place to add miles is evenly across Wednesday and Saturday. Keep Monday short and not sweet, and Saturday as the longest run. To add a 4th day of running to the schedule, there are a couple of options. You can add a conversation pace run on Friday, or you can add a conversation pace run before your strength training on Tuesday or Thursday. Try to avoid running more than 3 days in a row, and keep Sunday as your OFF day.

Week 4
Week 4 is a planned recovery week. Your body needs this week to rebuild and recharge. You may feel a bit antsy. That's okay. Take this week to rest and eat well. Cut back your cross training to half the time you usually do.

	Monday	Tuesday	**Wednesday**	Thursday	Friday	**Saturday**	Sunday
1 6/3/19	*Information Meeting*	BASIC 5, Strength, and/or Cross Training	2 miles CP	BASIC 5, Strength, and/or Cross Training	OFF	**3 miles CP**	OFF
2 6/10/19	2 miles CP	BASIC 5, Strength, and/or Cross Training	2.5 miles STRIDES	BASIC 5, Strength, and/or Cross Training	OFF	**3.5 miles CP**	OFF
3 6/17/19	2 miles CP	BASIC 5, Strength, and/or Cross Training	3 miles RAMP RUN	BASIC 5, Strength, and/or Cross Training	OFF	**4 miles CP**	OFF
4 Recovery Week 6/24/19	2 miles CP	BASIC 5, Strength, and/or Cross Training	2 miles CP	BASIC 5, Strength, and/or Cross Training	OFF	**3 miles CP**	OFF
5 7/1/19	2.5 miles CP	BASIC 5, Strength, and/or Cross Training	3 miles TEMPO 1	BASIC 5, Strength, and/or Cross Training	OFF	**4.5 miles CP**	OFF
6 7/8/19	2.5 miles CP	BASIC 5, Strength, and/or Cross Training	3 miles TEMPO 2	BASIC 5, Strength, and/or Cross Training	OFF	**5 miles CP**	OFF
7 7/15/19	3 miles CP	BASIC 5, Strength, and/or Cross Training	3 miles TEMPO 2	BASIC 5, Strength, and/or Cross Training	OFF	**3 miles Course Preview PROGRESSION RUN**	OFF
8 7/22/19	3 miles CP	BASIC 5, Strength, and/or Cross Training	3 miles CP	BASIC 5, Strength, and/or Cross Training	OFF	**5 miles CP**	OFF
9 7/29/19 **Taper – Race Week**	3 miles CP TEMPO 1	OFF	2 miles CP	OFF	OFF	*Women's Distance Festival 5K*	

HIGHLIGHTED=Group Run   HIGHLIGHTED=Goal Race

CP = Conversational Pace – you should be able to speak in full sentences

STRIDES – In the last mile of your run, do 10 x 20 second bursts of a pace that is comfortably hard. Focus on your form and relaxing your mind and breathing.

RAMP RUN – In the last mile of your run, do 8-10 x run up the middle ramp of the amphitheater. Focus on clean arms and lifting your knees on the way up. Slow, easy jog down one of the side ramps, focusing on not leaning back – keep your ribs tucked towards the top of your pelvis – and short, quick steps.

TEMPO 1 – After a 1 mile warm-up, 2-3 x (5 minutes at a comfortably hard pace, 2 minutes easy)

TEMPO 2 – After a 1 mile warm-up, 2 x (8 minutes at a comfortably hard pace, 2 minutes easy)

PROGRESSION RUN – First mile conversational pace. Second mile, slightly faster than conversational. Third mile run comfortably hard. Final tenth, whatever is left.