



5K RACE PREP

PHASE 1



POWERED BY EXOS

IN COOPERATION WITH

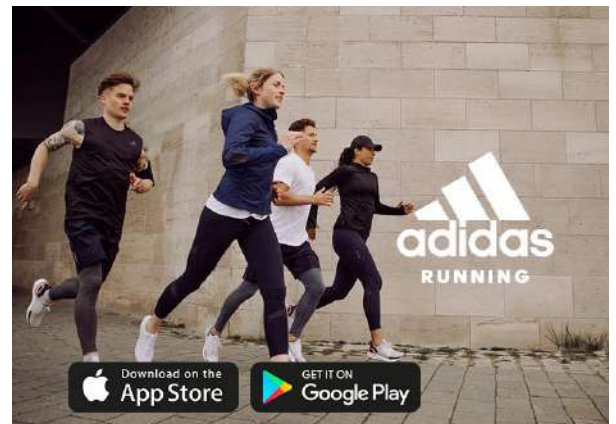


5K RACE

PREPARE FOR RACE DAY - This structured training focuses on preparation for a 5K race and will help ensure a successful and fulfilling race day.

TABLE OF CONTENT

1. MINDSET & NUTRITION
2. TRAIN & RUN 1
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4. RUN 1-3



Get the adidas Running app and start tracking your fitness activities.

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 1 (WEEKS 1-3)	WEEK 1	REST DAY	TRAIN & RUN 1	RUN 1	TRAIN & RUN 2	REST DAY	RUN 2	RUN 3
	WEEK 2	REST DAY	TRAIN & RUN 1	RUN 1	TRAIN & RUN 2	REST DAY	RUN 2	RUN 3
	WEEK 3	REST DAY	TRAIN & RUN 1	RUN 1	TRAIN & RUN 2	REST DAY	RUN 2	RUN 3
PHASE 2 (WEEKS 4-6)	WEEK 4	REST DAY	TRAIN & RUN 3	RUN 4	TRAIN & RUN 4	REST DAY	RUN 5	RUN 6
	WEEK 5	REST DAY	TRAIN & RUN 3	RUN 4	TRAIN & RUN 4	REST DAY	RUN 5	RUN 6
	WEEK 6	REST DAY	TRAIN & RUN 3	RUN 4	TRAIN & RUN 4	REST DAY	RUN 5	RUN 6

5K RACE

PREPARE FOR RACE DAY - This structured training focuses on preparation for a 5K race and will help ensure a successful and fulfilling race day.



MINDSET - LASER-FOCUSED GOALS

A detailed game plan that includes micro-goals, process goals, and daily strategies is a key component to achieving performance outcomes. Without a plan, variables and distractions will inhibit a clear path to goal achievement.

Write down your dream goal for this program. Consider your values and how making decisions based on these values can help you live the life you envision.

Write down one to two strategies that you will use to accomplish your weekly targets. Be as specific as possible and complete one strategy per day. Make sure they are manageable - keep it short, 90% attainable.



NUTRITION - EAT FOR IMPACT

Consider the nutrients in food as unsung heroes, protecting you from harm and giving you a boost. The antioxidants found abundantly in vegetables and fruit help fight illness that limits your training. Salmon & other fatty fish, as well as nuts contain anti-inflammatory properties. Nutrients like fiber, enzymes, and probiotics in yogurt and fermented foods like sauerkraut that take care of your digestive system. Amino acids are watching out for your bones and muscles.

Bottom line: Fill your plate with nutrient-dense foods — they're key to unlocking your superpowers..

PHASE 1 TRAIN & RUN 1

PREPARATION

Active and dynamic stretches that lengthen, strengthen, and stabilize your body to help prepare you to move and run.

STRENGTH

Total-body strength work through movement training to focus on the specific demands of running. Movements are designed in a circuit that's to be repeated for a defined number of sets.

ENERGY SYSTEMS DEVELOPMENT (ESD)

Build a foundation for running to help you achieve success as you become more comfortable and confident throughout your running journey. This portion of your workout is designed as a run, but if your body needs a bit of a rest from your longer runs, then use an elliptical or bike.

RECOVERY

During training the tissue in your body can become tight and restrictive, decreasing your performance potential. Keep this tissue mobile to alleviate the knots in the muscle and improve circulation and blood flow, restoring movement and injury resilience.



PREPARATION

TRAIN & RUN 1

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

30 seconds

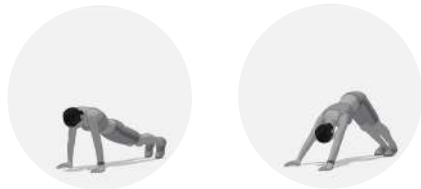


1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

INCHWORM

5 reps

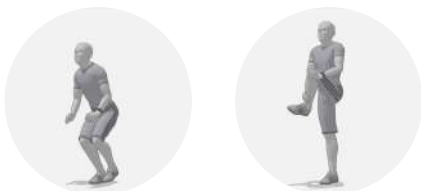


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

KNEE HUG

5 reps each

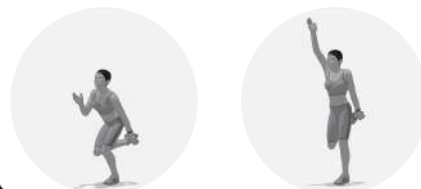


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you and grab one ankle with the opposite hand.
2. Stand and pull your heel to your butt while raising your other arm overhead. Hold for 1 to 2 seconds.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

STRENGTH

TRAIN & RUN 1

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

WALKING LUNGES - W/ OVERHEAD REACH

8 reps each

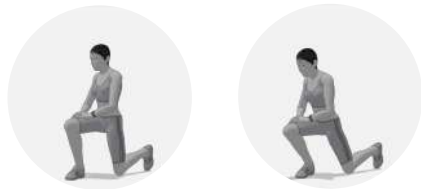


1. Stand tall with your arms held straight overhead.
2. Step forward with one foot into a lunge and contract your back glute.
3. Pause when your back knee is just above the floor, then push off your front leg and step through with your back leg, lifting your knee high and stepping into the next lunge.
4. Continue alternating to complete the set.

FEEL IT: Working the glute of your front leg and stretching the hip flexor of your back leg.

KNEELING HIP FLEXOR STRETCH

6 reps each



1. Place one foot flat on the ground in front of you with your opposite knee on a soft pad or mat behind you.
2. Lean your torso slightly forward, tighten your stomach, and contract the glute of your back leg.
3. Maintaining this position, shift your entire body slightly forward and hold for 2 seconds.
4. Complete the set on one side before repeating with the opposite foot forward.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

MARCHING BRIDGE

8 reps each

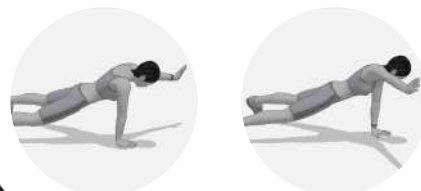


1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Continue alternating to complete the set.

FEEL IT: Stretching your glutes, hamstrings, and hip flexors.

HIGH PLANK - WITH ARM LIFT

6 reps each



1. Start in a push-up position with your hands directly beneath your shoulders and your feet wider than shoulder-width apart.
2. Lift one arm up and away from your body, holding for 1 to 2 seconds.
3. Return your arm to the floor underneath your shoulder.
4. Continue alternating to complete the set.

FEEL IT: Stretching the hip of your front leg and the upper thigh of your back leg.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

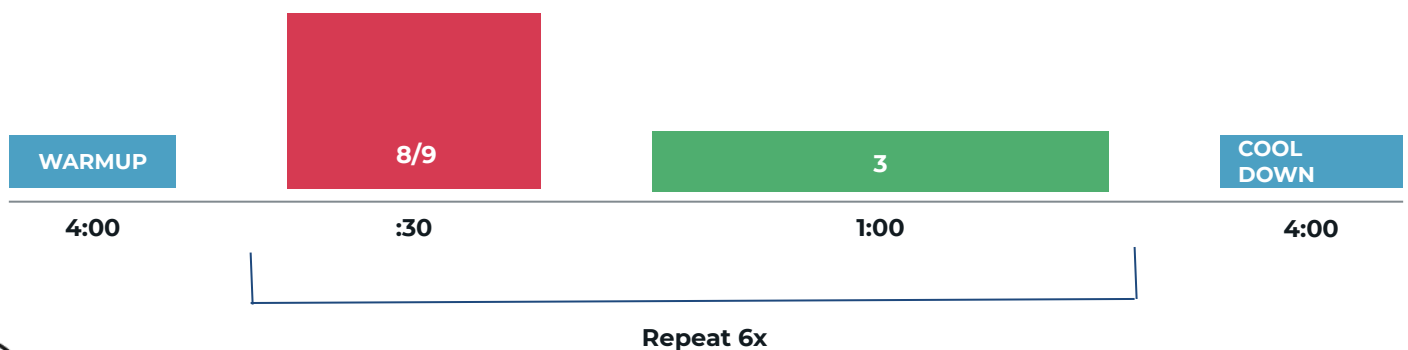
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

Challenge Yourself

Option 1: Increase the number of Intervals from 6x to 7x if you feel like you want to do more or it is too easy for you. Ensure you can maintain good speed and form.

Option 2: If the intervals themselves seem short kick it up a notch and increase your RPE while still allowing you perform the next zone confidently.

INTERVAL TRAINING SESSION (1) (17 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



POWERED BY EXOS

(PHASE 1)

PHASE 1 TRAIN & RUN 2



POWERED BY EXOS

5K RACE (PHASE 1)

PREPARATION

TRAIN & RUN 2

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW SIDE PLANK

30 seconds

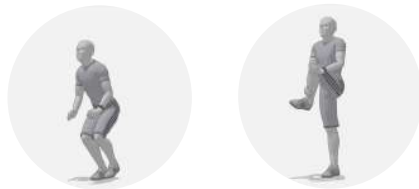


1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

LEG CRADLE

5 reps each



1. Stand with your back straight, knees unlocked, and arms at your sides. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your same side hand and under the ankle with your other hand.
3. Extend your standing leg as you pull your opposite knee toward your chest until you feel a gentle stretch.
4. Continue alternating to complete the set.

FEEL IT: Stretching the outside of your hip.

PLIE SQUAT

5 reps

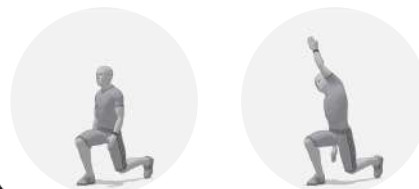


1. Stand with your arms at your sides and your feet wider than shoulder-width apart, knees and toes angled out to the sides.
2. Initiating the movement with your hips, squat back and down, keeping your knees wide as you raise your arms straight out to shoulder height.
3. Reverse the movement pattern back to the starting position.

FEEL IT: Stretching your groin and working your glutes, quads, and hamstrings.

BACKWARD LUNGE - W/ LATERAL FLEXION

5 reps each



1. Step back with one foot into a lunge and contract your back glute.
2. Reach the hand of the back leg overhead and bend your torso toward your other hand.
3. Return to the starting position.
4. Continue alternating to complete the set.

FEEL IT: Stretching the hip flexor of your back leg, the glute and groin of your front leg, and the side of your torso.

STRENGTH

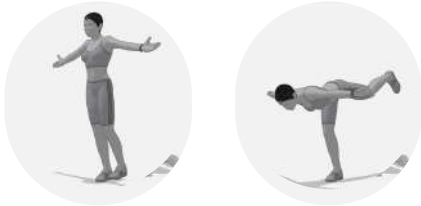
TRAIN & RUN 2

03
SETS

Once you have mastered these movements add some light weight or increase the number of sets to challenge yourself.

INVERTED HAMSTRING

8 reps each



1. Stand tall on one leg with your arms out to your sides and shoulder blades back and down.
2. Keeping a straight line from your ear to ankle, bend forward at the waist and raise your non-standing leg behind you.
3. When you feel a stretch in the back of your thigh, return to standing by contracting the glutes and hamstrings of your standing leg.
4. Continue alternating to complete the set.

FEEL IT: Stretching your hamstrings.

PUSH-UPS

8 reps

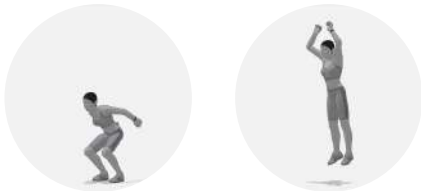


1. Start in the classic push-up position with your hands beneath your shoulders and your legs straight behind you.
2. Keeping your torso stable and hips square to the ground, bend your elbows to lower your body towards the ground.
3. Without touching the ground, push yourself back up.
4. Continue for the full set.

FEEL IT: Working your chest, arms, and torso.

JUMP SQUATS - SINGLES

8 reps



1. Stand with your feet slightly wider than shoulder-width.
2. Keeping your chest up, squat down and immediately jump vertically, extending through your hips and pulling your toes toward your shins in mid-air.
3. Land softly in a squat position.
4. Stand and reset to the starting position.

FEEL IT: Working your hips, knees, and ankles.

THORACIC ROTATION - HEEL SIT

5 reps each



1. Kneel on the ground with your arms straight in front of you and sit back on your heels.
2. Drop your head and round your upper back, taking a deep breath in.
3. Think about lifting your chest in order to extend, or arch, your upper back, as you exhale.
4. Continue for the remainder of the set.

FEEL IT: Stretching your upper back.

ENERGY SYSTEMS DEVELOPMENT

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

8-9/10

HARD

Extremely strenuous and difficult to maintain

6-7/10

MODERATE

Rapid breathing. Can't talk now!

3-5/10

EASY

Moving with purpose and still able to talk comfortably

Race pace:

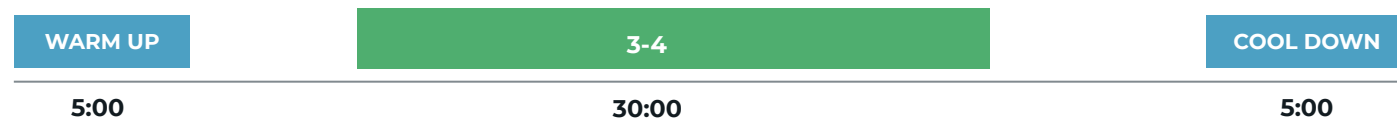
Developing your anaerobic threshold is critical to setting PBs. Complete these runs at a pace near, but not quite at, your race pace and feels comfortably hard.

Steps:

1. Complete warmup
2. Complete the Intervals within the training session below for the designated number of repetitions.
3. Complete the cool down

Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

RECOVERY FLUSH (2) (40 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



POWERED BY EXOS

(PHASE 1)

PREPARATION

RUN 4-6

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

LOW PLANK

30 seconds each



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.

FEEL IT: Working your shoulders and torso.

MARCHING BRIDGE

5 reps each



1. Lie faceup with your arms to the side, knees bent, and heels on the ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat with the opposite leg.
5. Continue alternating and complete the set.

FEEL IT: Working your glutes and to a lesser degree your hamstrings and lower back.

INCHWORM

5 reps



1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward to a push-up position.
3. Still keeping your legs straight, walk your feet back up to your hands.

FEEL IT: Stretching your hamstrings, lower back, glutes, and calves.

HEEL TO GLUTE

5 reps each



1. Squat down, reach behind you, and grab right ankle with the opposite hand.
2. Stand and pull your heel to your butt while reaching your other arm overhead.
3. Relax and return to starting position, then repeat with opposite arm and leg until completion of the set.

FEEL IT: Stretching your quadriceps and hip flexors.

PREPARATION

RUN 4-6

continued

01
SET

These exercises will help to increase flexibility, decrease muscle stiffness and increase your core temperature all to decrease the risk of injury.

POWER SKIP

10 meters

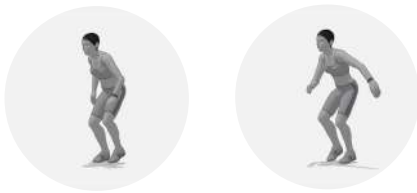


1. Stand tall with your feet hip width apart. Then, lift one knee and the opposite arm in front of your body.
2. Drive your foot to the ground and generate a double contact to skip forward as you lift the opposite knee and arm.
3. Repeat the movement on the opposite side.
4. Continue alternating to complete the set.

FEEL IT: Working your entire body.

QUICK FEET

10 seconds



1. Start in an athletic stance with knees bent, hips back, and arms bent.
2. Run in place, moving your feet 2 inches off the ground as quickly as possible.
3. Contact the ground in the same spot with one foot as the other moves left and right.
4. Complete the set on one side and repeat on the other side.

FEEL IT: Working your hips, knees, and ankles and challenging your coordination.

RUN WEEK 1

If you don't have a foam roll use a tennis ball for all of these movements.

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

3-5/10

EASY

Moving with purpose and still able to talk comfortably

6-7/10

MODERATE

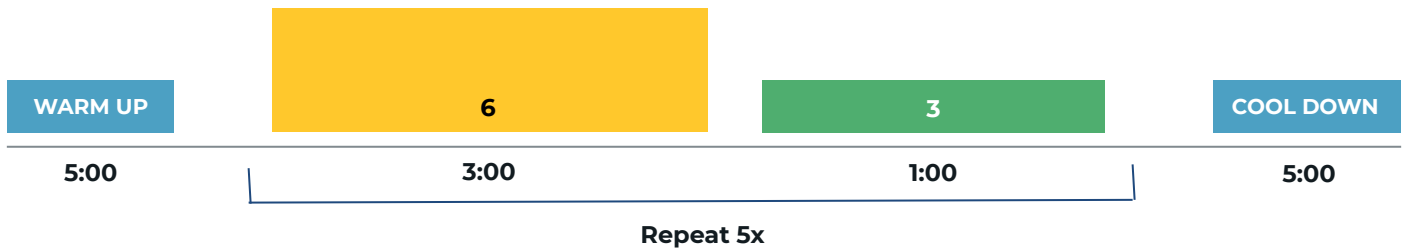
Rapid breathing. Can't talk now!

8-9/10

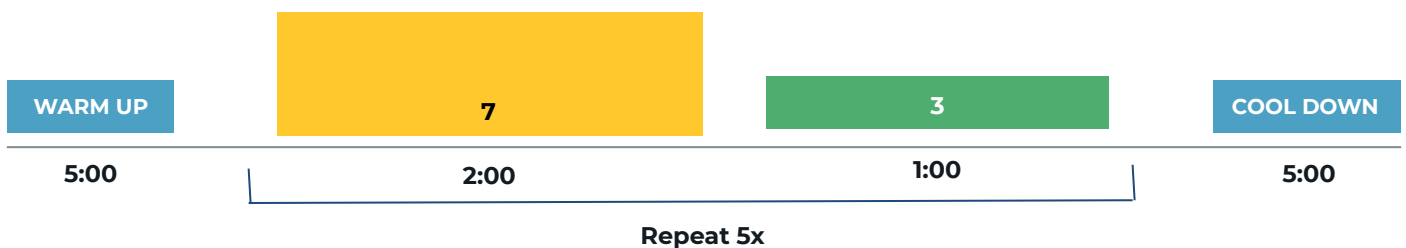
HARD

Extremely strenuous and difficult to maintain

RUN 4 (30 MINUTES)



RUN 5 (25 MINUTES)



RUN 6 (35 MINUTES)



POWERED BY EXOS

5K RACE (PHASE 1)

RUN WEEK 2

If you don't have a foam roll use a tennis ball for all of these movements.

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

3-5/10

EASY

Moving with purpose and still able to talk comfortably

6-7/10

MODERATE

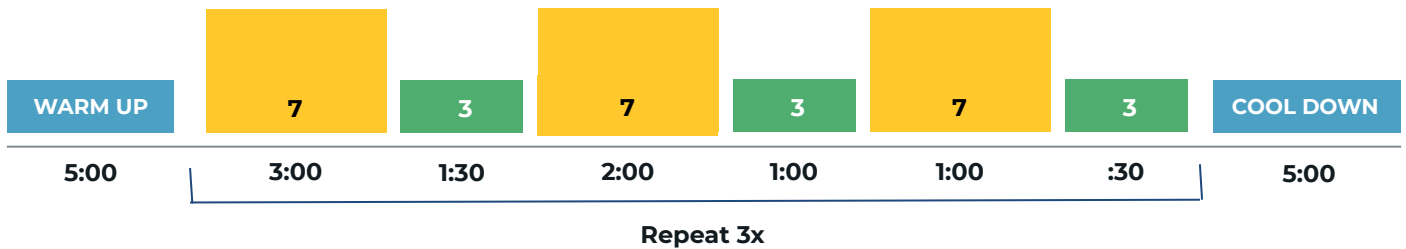
Rapid breathing. Can't talk now!

8-9/10

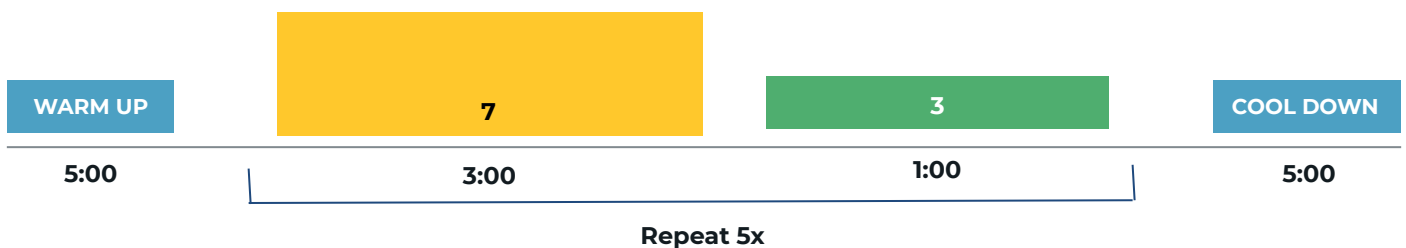
HARD

Extremely strenuous and difficult to maintain

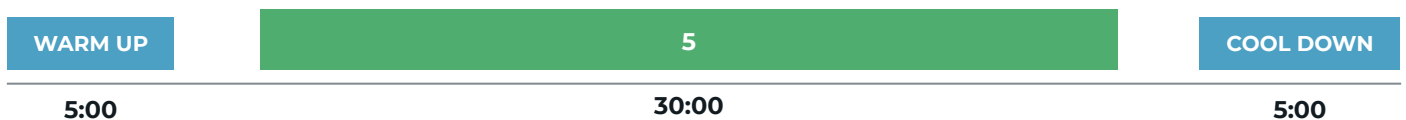
RUN 4 (37 MINUTES)



RUN 5 (30 MINUTES)



RUN 6 (40 MINUTES)



RUN WEEK 3

If you don't have a foam roll use a tennis ball for all of these movements.

Rate of Perceived Exertion (RPE):

Based on a scale of 1-10, you can rate how difficult a certain interval feels.

3-5/10

EASY

Moving with purpose and still able to talk comfortably

6-7/10

MODERATE

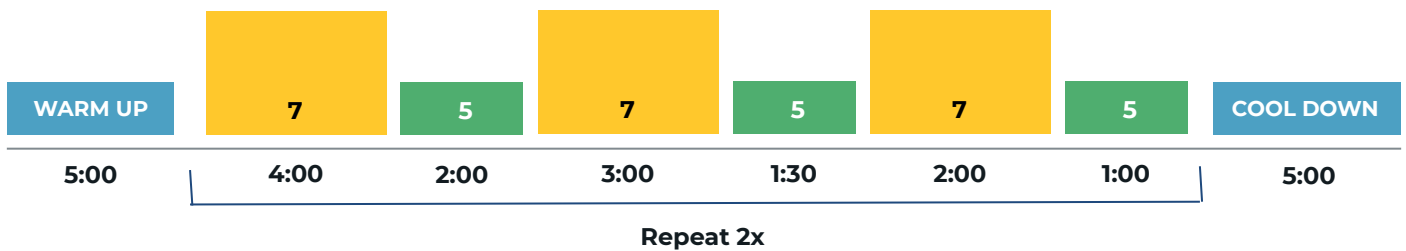
Rapid breathing. Can't talk now!

8-9/10

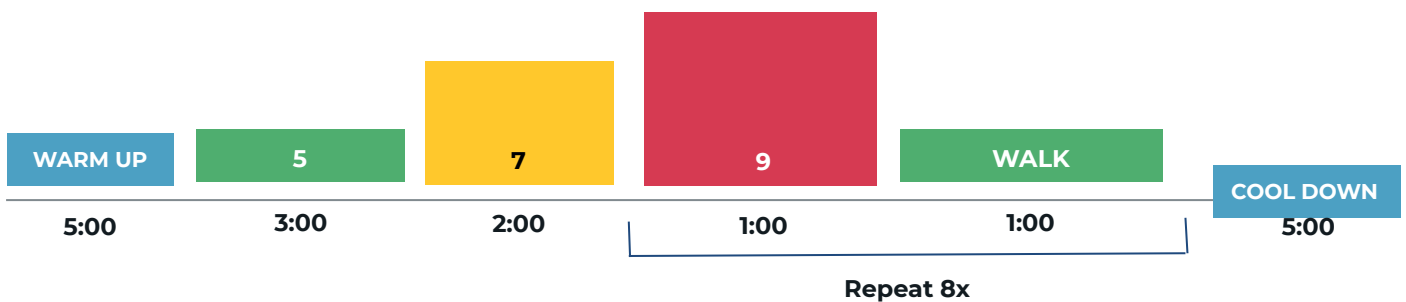
HARD

Extremely strenuous and difficult to maintain

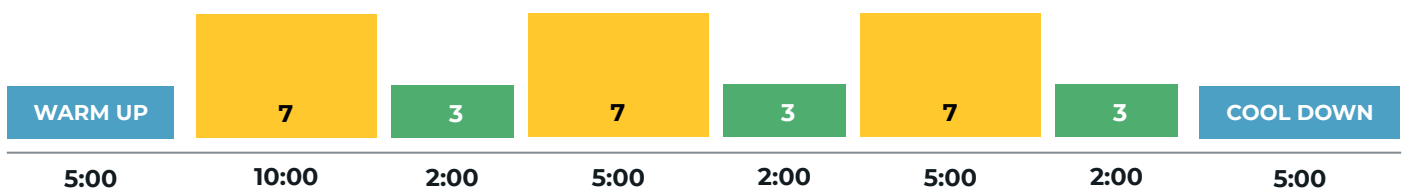
RUN 4 (37 MINUTES)



RUN 5 (31 MINUTES)



RUN 6 (36 MINUTES)



TIME FOR RECOVERY

Complete the recovery movements after every training session or run. Spend extra time on any muscle that feels like it needs a little more attention. Your body will thank you.



POWERED BY EXOS

(PHASE 1)