



5K RACE PREP

PHASE 2



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.

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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

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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



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5K RACE (PHASE 2)

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 - VISUALIZE SUCCESS

You're closing in on a major accomplishment, make it real in your mind so it can become real in your life.

With your first few minutes each day, practice sitting upright and still in your bed, breathing deeply and freely. With each three deep breaths, decide one thing you'll do to bring you closer to your goal.

Repeat this action to yourself until you're ready to make it happen in your day.



NUTRITION - REFUEL TO RECHARGE

Whether you're training in the morning, afternoon or evening, try to eat before and after you train. This will boost energy levels to stay sharp, both mentally and physically, throughout even the toughest sessions – and help your body recover better afterwards.

Eating a combination of carbohydrate and protein after workouts builds muscle, speeds recovery, and re-energizes the brain and body. And don't forget to replace lost fluids. A post-workout shake, low-fat chocolate milk, or Greek yogurt with fruit and honey are a few good options for post-workout snacks.

PHASE 2 TRAIN & RUN 3

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.



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5K RACE (PHASE 2)

PREPARATION

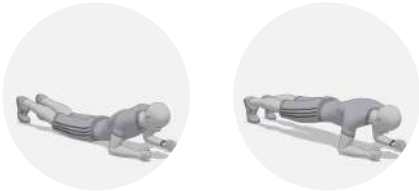
TRAIN & RUN 3

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

45 seconds



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push up 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

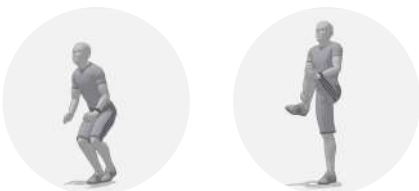


1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.

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

KNEE HUG

5 reps each

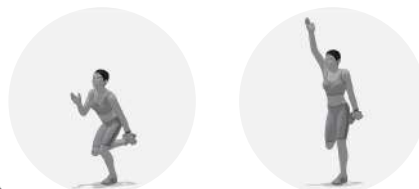


1. Lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your hands and pull your knee to your chest while straightening your other leg. Hold for 1 to 2 seconds.

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

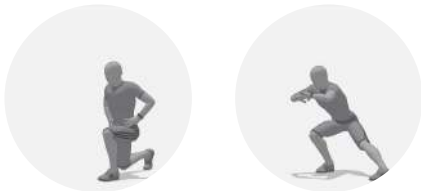
TRAIN & RUN 3

03
SETS

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

BACKWARD LUNGE TO SIDE LUNGE

8 reps each



1. Step backward into a lunge and lower your hips to the floor, bending your knees and pausing when your back knee is just above the floor.
2. Return to the starting position.
3. Immediately step out to the side with the same leg and lower your hips to the floor by squatting back and down with the stepping leg and keeping your other leg straight.
4. Continue alternating to complete the set..

FEEL IT: Working your glutes, hamstrings, and quads and stretching your hip flexor and groin.

UP DOWNS

6 reps

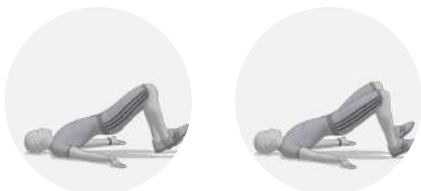


1. Lie facedown in a modified push-up position, with your forearms and palms resting on the floor under your shoulder so that your hands point forward.
2. Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Pull your toes towards your shins.
3. Elevate yourself into a plank by walk one arm at a time slightly backward and extend the elbow of the moving arm.
4. Return to the pillar bridge position.

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

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.

TRUNK ROTATION STANDING

8 reps each



1. Stand with your feet wider than shoulder-width apart, knees slightly bent, and arms straight out to your sides at shoulder height.
2. Pivoting on one foot, bend your knees while rotating your hips and torso about 90 degrees.
3. Reverse back through the starting position, continuing to rotate 90 degrees in the opposite direction.
4. Continue alternating to complete the set.

FEEL IT: Stretching your hips and torso.

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

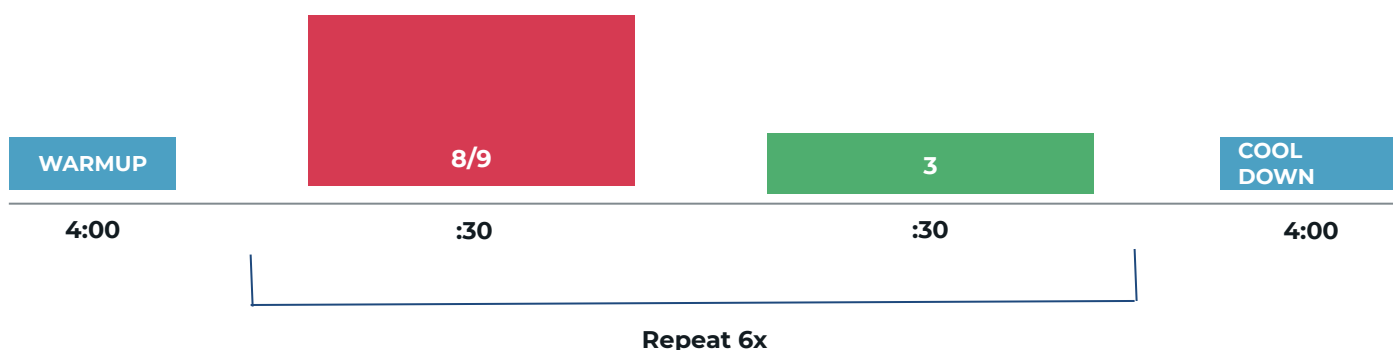
Note: Do not repeat the warmup and cool down with each interval, only at the beginning and end of the workout.

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 (3) (14 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.



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(PHASE 2)

PHASE 2 TRAIN & RUN 4



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5K RACE (PHASE 2)

PREPARATION

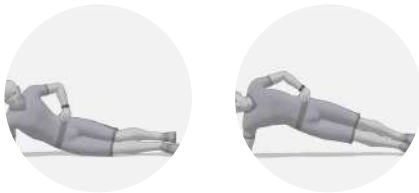
TRAIN & RUN 4

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

45 seconds each



1. Lie on your side with your forearm on the ground under your shoulder and your feet stacked on top of each other.
2. Push your forearm away from your body and lift your hips into the air, supporting your weight on your forearm and bottom foot.
3. Hold this position for the prescribed amount of time.
4. Switch sides and repeat.

FEEL IT: Working your shoulders and torso.

LEG CRADLE

5 reps each

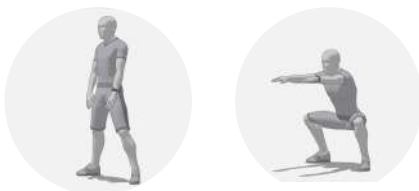


1. Stand with your back straight, knees unlocked, and arms at your sides and then lift one foot off the ground and squat back and down a few inches with the other leg.
2. Contracting the glute of your standing leg, grab below your opposite knee with your same side hand and under the ankle with your other 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 your hamstrings, lower back, glutes, and calves.

PLIE SQUAT

5 reps

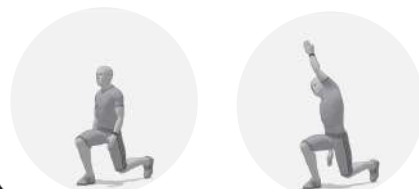


1. Stand with your arms at your sides and your feet wider than shoulder-width apart, knees and toes angled out to the sides.
2. Initiating the movement with your hips, squat back and down, keeping your knees wide as you raise your arms straight out to shoulder height.
3. Reverse the movement pattern 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. Stand tall with your arms at your sides.
2. Step back with one foot into a lunge and contract your back glute.
3. Reach the hand of the back leg overhead and bend your torso toward your other hand.
4. Continue alternating to complete the set.

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

STRENGTH

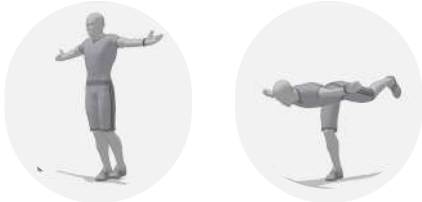
TRAIN & RUN 4

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.

SINGLE LEG PUSH-UPS

8 reps

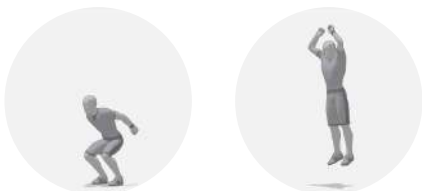


1. Start in the classic push-up position with your hands beneath your shoulders and your legs straight behind you.
2. Lift one foot 2 to 3 inches off the ground while keeping your legs straight.
3. Keeping your torso stable and hips square to the ground, bend your elbows to lower your body towards the ground.
4. Without touching the ground, push yourself back up.
5. Complete the set on one side before repeating with the opposite foot in the air.

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

JUMP SQUATS - SINGLES

8 reps

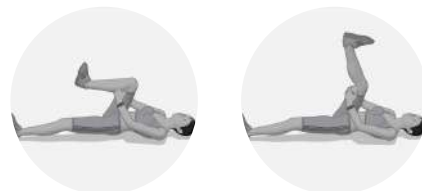


1. Stand with your feet slightly wider than shoulder-width.
2. Keeping your chest up, squat down and immediately jump vertically, extending through your hips and pulling your toes toward your shins in mid-air.
3. Land softly in a squat position.
4. Stand and reset to the starting position.

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

BENT KNEE HAMSTRING STRETCH

5 reps each



1. Lie on your back with both legs straight. Pull one knee toward your chest, grasping behind the knee with both hands.
2. Straighten your lower leg as much as possible without letting your knee move away from your chest. Hold the stretch for 2 seconds.
3. Complete the set on one side before repeating with the opposite leg.

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

Race pace:

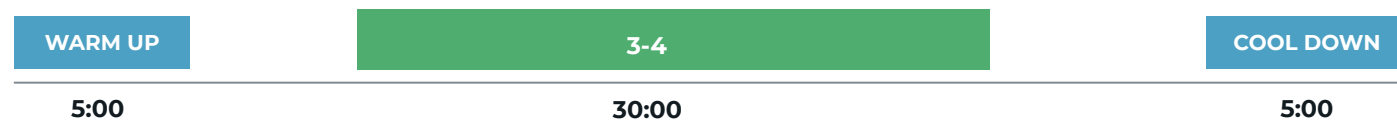
Developing your anaerobic threshold is critical to setting PBs. Complete these runs at a pace near, but not quite at, your race pace and feels comfortably hard.

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 (4) (40 MINUTES)



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5K RACE (PHASE 2)

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 2)

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 SIDE PLANK

30 seconds each



1. Lie facedown in a push-up position, with your forearms resting on the floor.
2. Push up 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.

SINGLE LEG - BRIDGE

30 seconds each



1. Lie faceup with your arms at your sides, knees bent, and heels on the ground.
2. Bend your knee on one side, bring it toward your chest, and hold it there.
3. Fire (squeeze) your glute to lift your hips off the ground until your knees, hips, and shoulders are in a straight line and hold for 1-2 seconds.
4. Lower your hips back to the ground and complete the set on one side before repeating on the opposite leg.

FEEL IT: Working your shoulders and torso.

SIDE LUNGE

5 reps each



1. Stand with your feet shoulder width apart
2. Step to one side and lower your hips to the floor by squatting back and down with the stepping leg, keeping the other leg straight.
3. Return to the starting position by pushing up with your bent leg.
4. Continue alternating to complete the set

FEEL IT: Working your glutes, hamstrings, and quads and stretching the inner thigh of the straight leg.

BACKWARD LUNGE - WITH ROTATION

5 reps each



1. Stand tall with your chest up, shoulders relaxed, and arms at your sides. Then, step back into a lunge, bending your knees and contracting the glute of your back leg.
2. Twist your torso over your front leg, and place the opposite arm on the outside of your knee and reach your other arm behind you.
3. Return to a standing position by reversing the twist and pushing through your hip.
4. Continue alternating to complete the set.

FEEL IT: Working your shoulders and torso.

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.

CARIOCA

10 meters



1. Start in a standing position. Then, moving to the right, turn your hips forward and step with the left knee across the body.
2. Then, turn hips backwards, stepping behind with the left leg
3. Repeat for the prescribed distance and then switch directions.

FEEL IT: Working your shoulders and torso.

BASE POGO

5 reps each



1. Stand in an athletic base position with your hips and knees slightly flexed and your arms bent in front of you. .
2. Jump rapidly up and down, about 2 inches each jump, while keeping your torso stable and without fully extending your knees and hips.
3. Land on the balls of your feet and repeat.
4. Continue for the remainder of the set.

FEEL IT: Working your shoulders and torso.

RUN WEEK 4

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

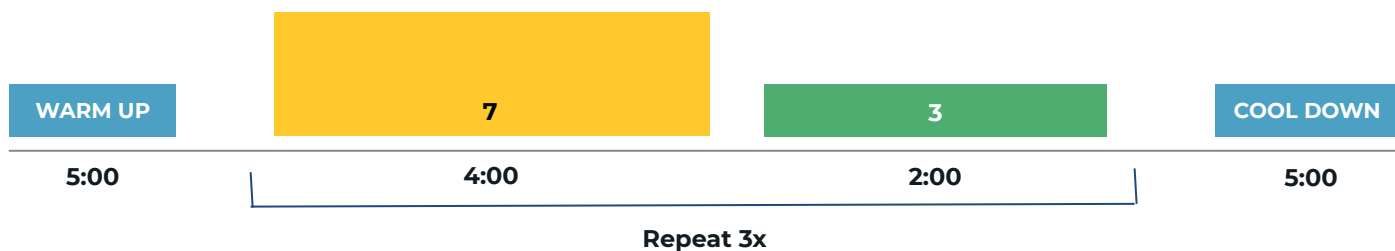
Rapid breathing. Can't talk now!

8-9/10

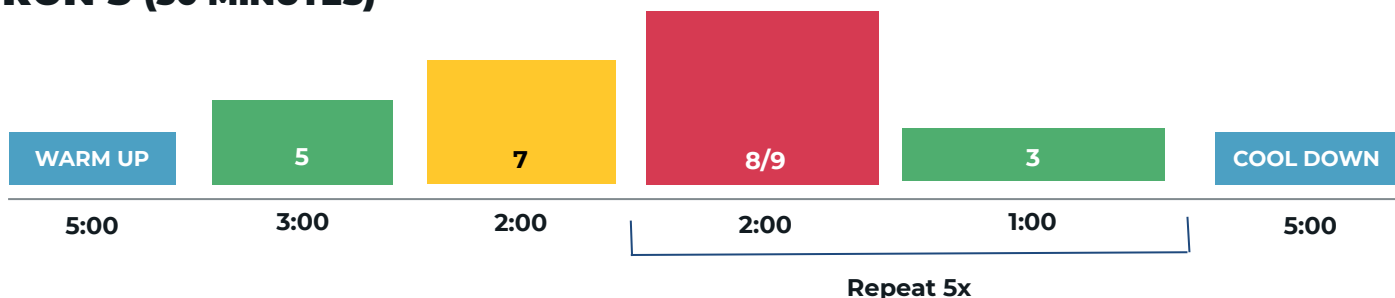
HARD

Extremely strenuous and difficult to maintain

RUN 4 (27 MINUTES)



RUN 5 (30 MINUTES)



RUN 6 (39 MINUTES)



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RUN WEEK 5

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

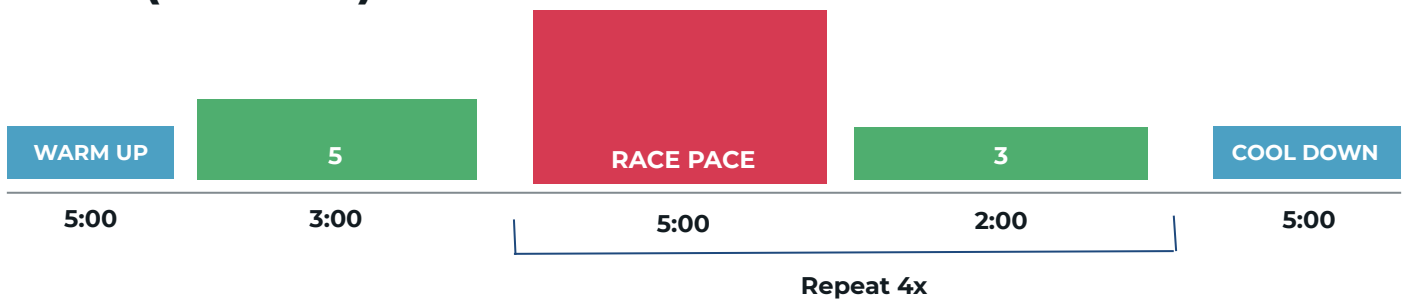
Rapid breathing. Can't talk now!

8-9/10

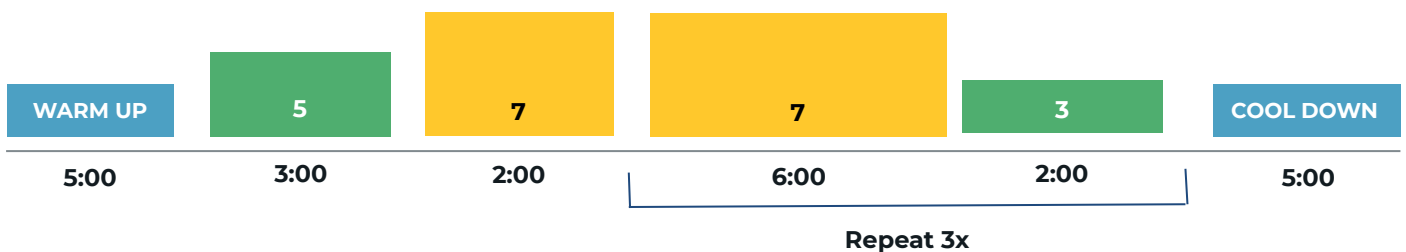
HARD

Extremely strenuous and difficult to maintain

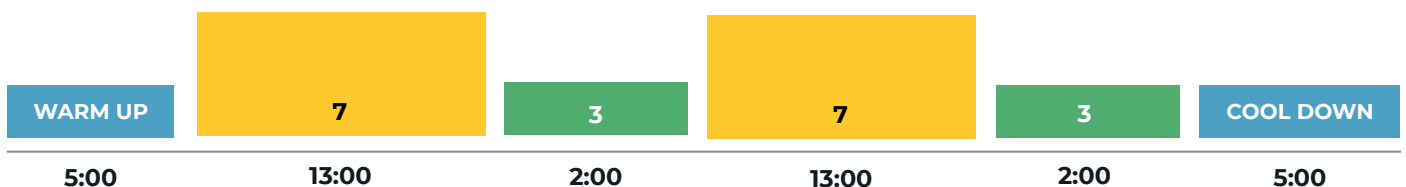
RUN 4 (41 MINUTES)



RUN 5 (39 MINUTES)



RUN 6 (40 MINUTES)



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5K RACE (PHASE 2)

RUN WEEK 6

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

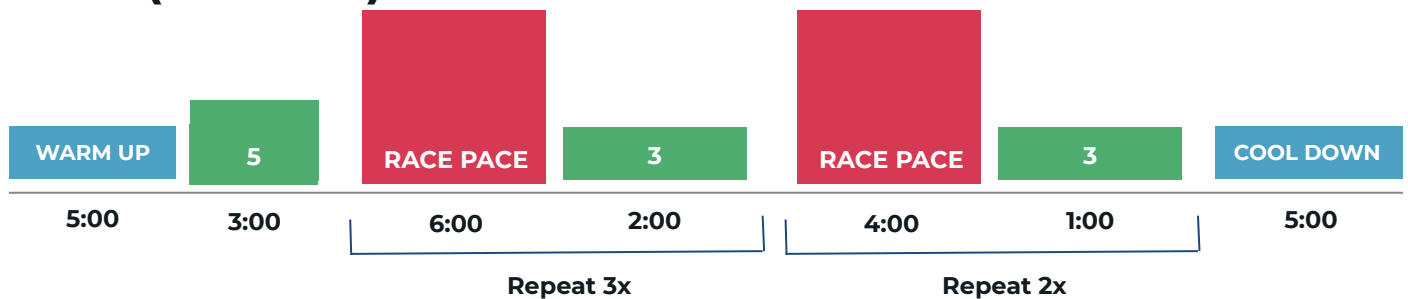
Rapid breathing. Can't talk now!

8-9/10

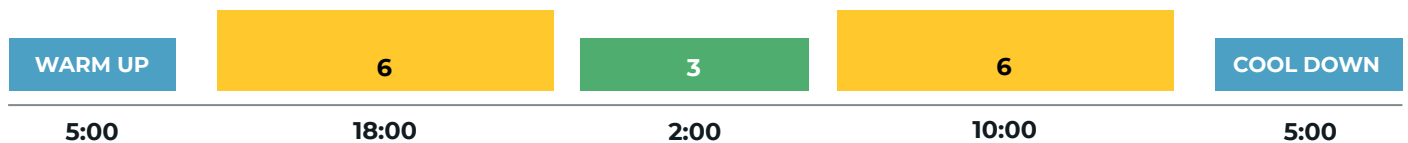
HARD

Extremely strenuous and difficult to maintain

RUN 4 (47 MINUTES)



RUN 5 (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.



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(PHASE 2)