

LIFETIME[®]
MIAMI

TROPICAL 5K

TRAINING PLAN

NOVEMBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1		2		3		4		5	
6		7	Easy	8	Medium	9	Recovery	10	Tempo	11	Recovery	12	Long Run
		21 minutes easy pace + 6 x 100 meter Striders		21 minutes medium pace + 6 x 100 meter Striders		21 minutes easy pace		5 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 6 x 100 meter Striders		21 minutes easy pace		2 miles or 30 minutes	
13	Rest	14	Easy	15	Medium	16	Recovery	17	Tempo	18	Recovery	19	Long Run
		21 minutes easy pace 6 x 100 meter Striders		21 minutes medium pace + 8 x 100 meter Striders		21 minutes easy pace		5 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 6 x 100 meter Striders		21 minutes easy pace		2.5 miles or 35 minutes + 6 x 100 meter Striders	
20	Rest	21	Easy	22	Intervals	23	Recovery	24	Fartlek	25	Recovery	26	Long Run
		25 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minute jog/rest between each repetition 10 minutes easy run		21 minutes easy pace		5 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		21 minutes easy pace		3 miles or 35 minutes + 6 x 100 meter Striders	
27	Rest	28	Recovery	29	Intervals	30	Recovery						
		25 minutes easy pace 8 x 100M Striders		10 minutes easy pace 2 x 400 meters (3 minute jog between each repetition) 2 x 800 meters (5 minute jog between each repetition) 4 x 200 meters (3 minute jog between each repetition) 10 minutes easy pace		25 minutes easy pace							

DECEMBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	Fartlek	2	Recovery	3	Long Run
								5 minutes easy pace 5 x (2 minutes fast, 1 minutes easy) 5 minutes easy pace 8 x 100 meter Striders		25-minute easy pace		3.5 miles or 40 minutes 6 x 100 meter Striders	
4	Rest	5	Easy	6	Intervals	7	Recovery	8	Long Intervals	9	Recovery	10	Long Run
		Recovery 25 minutes easy pace 8 x 100 meter Striders		5-10 minutes easy pace 8 x 400 meters 3 minutes jog/rest between each repetition 5 minutes easy pace		25 minutes easy pace		10 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 5 minutes easy run		25 minutes easy pace		4 miles or 45 minutes + 6 x 100 meter Striders	
11	Rest	12	Easy	13	Intervals	14	Recovery	15	Long Intervals	16	Recovery	17	Long Run
		30 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 8-12 x 400 meter 2-4 minutes jog/rest between each repetition 10 minutes easy run		25 minutes easy pace		10 minutes easy run 2 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 2 x 800 meters Rest in between each repetition should be at least the time it took you to complete 5 minutes easy run		21 minutes easy pace		4 miles or 45 minutes 6 x 100 meter Striders	
18	Rest	19	Easy	20	Intervals	21	Recovery	22	Tempo	23	Recovery or Rest	24	Long Run
		35 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 5 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy pace + 10 minutes tempo pace 5 minutes easy pace 8 x 100 meter Striders		25 minutes easy pace		4.5 miles or 50 minutes + 6 x 100 meter Striders	
25	Rest	26	Easy	27	Intervals	28	Recovery	29	Tempo	30	Recovery or Rest	31	Long Run
		40 minutes easy pace + 10 x 100 meter Striders		10 minutes easy 1200 meter x 1 1000 meter x 1 800 meter x 1 Recovery of at least 3 minutes between each rep 400 meter x 2 200 meter x 2 Recovery of at least 2 minutes between each rep 10 minutes easy pace		30 minutes easy pace		5 minutes easy + 10 minutes tempo pace + 10 minutes easy 10 x 100 meter Striders		25 minutes easy pace		5 miles or 55 minutes 6 x 100 meter Striders	

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TROPICAL 5K