



LIFETIME[®]
MIAMI
TROPICAL 5K
TRAINING PLAN

NOVEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
							5	Recovery	6	Tempo	7	Recovery	8	Long Run
								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		1 mile or 35 minutes + 6 x 100 meter Striders
9	Rest	10	Easy	11	Medium	12	Recovery	13	Tempo	14	Recovery	15	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		1.5 miles or 35 minutes + 6 x 100 meter Striders	
16	Rest	17	Easy	18	Intervals	19	Recovery	20	Fartlek	21	Recovery	22	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		2 miles or 35 minutes + 6 x 100 meter Striders	
23	Rest	24	Recovery	25	Intervals	26	Recovery	27	Fartlek	28	Recovery	29	Long Run	
			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		5 minutes easy pace 5 x (2 minutes fast, 1 minutes easy) 5 minutes easy pace 8 x 100 meter Striders		21 minutes easy pace		2.5 miles or 35 minutes + 6 x 100 meter Striders	

DECEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	Rest	1	Easy	2	Intervals	3	Recovery	4	Tempo	5	Recovery	6	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		5 minutes easy pace + 10 minutes tempo pace 5 minutes easy pace 8 x 100 meter Striders		25-minute easy pace		3 miles or 40 minutes 6 x 100 meter Striders	
7	Rest	8	Easy	9	Intervals	10	Recovery	11	Long Intervals	12	Recovery	13	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		3 miles or 45 minutes + 6 x 100 meter Striders	
14	Rest	15	Easy	16	Intervals	17	Recovery	18	Long Intervals	19	Recovery	20	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		3.2 miles or 45 minutes 6 x 100 meter Striders	
21	Rest	22	Easy	23	Intervals	24	Recovery	25	Tempo	26	Recovery or Rest	27	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		3 miles or 50 minutes + 6 x 100 meter Striders	
28	Rest	29	Easy	30	Intervals	31	Recovery						
		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							

