

LIFETIME[®]
MIAMI
TROPICAL 5K

TRAINING PLAN

[illegible]

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						11	Recovery	12	Tempo	13	Recovery	14	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	
15	Rest	16	Easy	17	Medium	18	Recovery	19	Tempo	20	Recovery	21	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	
22	Rest	23	Easy	24	Intervals	25	Recovery	26	Fartlek	27	Recovery	28	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	
29	Rest	30	Recovery										
		25 minutes easy pace 8 x 100M Striders											

DECEMBER 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1	Intervals	2	Recovery	3	Fartlek	4	Recovery	5	Long Run
				10 minutes easy pace 2 x 400 meters (3 minute jog between each repetition) 2 x 800 meters (5 minutes jog between each repetition) 4 x 200 meters (3 minute jog between each repetition) 10 minute easy pace		25 minutes easy pace		5 minutes easy pace + 5 x (2 minutes fast, 1 minute easy) 5 minutes easy pace 8 x 100 meter Striders		21 minute easy pace		2.5 miles or 35 minutes + 6 x 100 meter Striders	
6	Rest	7	Easy	8	Intervals	9	Recovery	10	Tempo	11	Recovery	12	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	
13	Rest	14	Easy	15	Intervals	16	Recovery	17	Long Intervals	18	Recovery	19	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	
20	Rest	21	Easy	22	Intervals	23	Recovery	24	Long Intervals	25	Recovery	26	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	
27	Rest	28	Easy	29	Intervals	30	Recovery	31	Tempo	1	Recovery or Rest	2	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	

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MARATHON AND HALF

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