


Octane Athletics Training Systems   5K to Half Marathon Training Plan							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 Minute Run (Aerobic Zone)	40 min Strength	35 Minute Run (Aerobic Zone)	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	45 Minute Run (Aerobic Zone)	60 min cross
3	35 Minute Run (Aerobic Zone)	45 min cross training	40 Minute Run (Aerobic Zone)	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	50 Minute Run (Aerobic Zone)	60 min cross
4	40 Minute Run (Aerobic Zone)	45 min cross training	45 Minute Run (Aerobic Zone)	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	1 Hour Run (Aerobic Zone)	Stretch, Roll & Strength or 45 Min Cross
5	45 Minute Run (Aerobic Zone)	45 min cross training	50 Minute Run (Aerobic Zone)	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	1 Hour & 10 Minute Run (Aerobic Zone)	Stretch, Roll & Strength or 45 Min Cross
6	50 Minute Run (Aerobic Zone)	60 min cross training	60 Minute Run (Aerobic Zone)	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	1 Hour & 10 Minute Run (Aerobic Zone)	Stretch, Roll & Strength or 45 Min Cross
7	60 Minute Run (Aerobic Zone)	60 min cross training	70 Minute Run (Aerobic Zone)	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	1 Hour & 15 Minute Run (Aerobic Zone)	Stretch, Roll & Strength or 45 Min Cross
8	75 Minute Run (Aerobic Zone)	60 min cross training	30 Minute Tempo Run	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	1 Hour & 30 Minute Run (Aerobic Zone)	REST
9	75 Minute Run (Aerobic Zone)	Stretch, Roll & Strength or 45 Min Cross	45 Minute Tempo Run	Stretch, Roll, Strength & 20 Minute Run (Aerobic Zone)	Rest	1 Hour & 45 Minute Run (Aerobic Zone)	REST
10	1 Hour & 15 Minute Run (Aerobic Zone)	<b>Short Intervals</b> Warm up for 1 mile, then 4 x 200m at a pace of 35 seconds, then 2 x 400m in 1:40, then 600m in 2 min. Rest 1:30 between reps & 3 min for sets. Run a 1-mile cool down.	Stretch, Roll & Strength	45 Minute Tempo Run	Rest	2 Hour Run (Aerobic Zone)	REST
11	1 Hour & 15 Minute Run (Aerobic Zone)	<b>Short Intervals</b> Warm up for 1 mile, then 4 x 200m at a pace of 35 seconds, then 2 x 400m in 1:40, then 600m in 2 min. Rest 1:30 between reps & 3 min for sets. Run a 1-mile cool down.	Stretch, Roll & Strength	45 Minute Tempo Run	Rest	1 Hour & 30 Minute Run (Aerobic Zone)	REST
12	60 Minute Run (Aerobic Zone)	<b>Short Intervals</b> Warm up for 1 mile, then 4 x 200m at a pace of 35 seconds, then 2 x 400m in 1:40, then 600m in 2 min. Rest 1:30 between reps & 3 min for sets. Run a 1-mile cool down.	Stretch, Roll & Strength	1 Hour & 15 Minute Run (Aerobic Zone)	Rest	Stretch, Roll & Strength	REST
13	45 Minute Tempo Run	Stretch, Roll & Strength	Stretch, Roll & Strength	40 Minute Run (Aerobic Zone)	Rest	1 Hour & 15 Minute Run (Aerobic Zone)	REST
14	50 Minute Run (Aerobic Zone)	Stretch, Roll & Strength	REST	REST	Rest	20 Minute Shake Out Run (Aerobic Zone)	<b>RACE DAY</b>

**Octane Athletics Training Systems**



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**Calculating the Aerobic Heart Rate Zone?** A large part of this plan calls for you to run in the Aerobic Zone. We like to use the simplest method for calculating this, which is using the Maffetone Method. Maffetone calculates this zone by taking 180 and subtracting your age. For example, if you are 30 years old, your target MAF HR would be 150 beats per minute. All your runs for this plan call for you to keep your heart rate within 5 beats of that number. Be disciplined with this method. IT WORKS! This obviously requires you to have a heart rate monitor of some kind.

**If you do not own a heart rate monitor** of any kind, you can go by feel by keeping your pace conversational. If you struggle to carry on a conversation, then you are likely going too hard.

**Cross Training** can be Cycling, Swimming, Rowing, or any other cardiovascular training that doesn't include running or jogging.

**Strength Training Should include:**

- 12 Single Leg Squats (Each Leg)
- Front planks (hold 75 seconds)
- 12 Lunges (on each side)
- Side plank (both sides, hold 75 seconds)
- Wall sit (hold 45 seconds, repeat 3 times)
- Bicycle Crunch (2 minutes)
- Heel raises (12 in each position – feet parallel, toes pointing out, toes pointing in)
- 12 Bird dog (hold 15 seconds)
- 12 Toe raises
- Reverse crunch (90 seconds)

There are several videos for these on YouTube if you don't know how to do any of these.

You will notice that the final two weeks of this plan have lower volume. This is on purpose. This period is called a Taper. We run less to allow the body to fully recover for the race. We do workout, but we focus on the recovery during this time.