

## 8-Week Training Program for the LTF Torchlight 5K Race

**Easy = 50-65% of MHR; Moderate = 65-75% MHR; Race Pace = 75-85% MHR (MHR = Max Heart Rate)**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 - 30 min core/strength workout	Rest Day	30 min Easy run Zone 1-2	Rest Day	30 min Easy Run Zone 1-2	45-60 min Easy Run Zone 1-2	X-Train Bike, swim, elliptical...30 min
2	20 - 30 min core/strength workout	Rest Day	30 min Easy run Zone 1-2	Rest Day	30 min Easy Run Zone 1-2	45-60 min Easy Run Zone 1-2	X-Train Bike, swim, elliptical...30 min
3	20 - 30 min core/strength workout	Rest Day	4 - 400 M reps @ 5K race pace w/60-90 sec rest intervals	Rest Day	30 min Moderate run Zone 3	50-65 min Easy Run Zone 1-2	X-Train Bike, swim, elliptical...30 min
4	20 - 30 min core/strength workout	Rest Day	5 - 400 M reps @ 5K race pace w/60-90 sec rest intervals	Rest Day	35 min Moderate run Zone 3	55-70 min Easy Run Zone 1-2	X-Train Bike, swim, elliptical...30 min
5	20 - 30 min core/strength workout	Rest Day	6 - 400 M reps @ 5K race pace w/60-90 sec rest intervals	Rest Day	35 min Moderate run Zone 3	60-75 min Easy Run Zone 1-2	X-Train Bike, swim, elliptical...30 min
6	20 - 30 min core/strength workout	Rest Day	7 - 400 M reps @ 5K race pace w/60-90 sec rest intervals	Rest Day	35 min Progressive Tempo run. Start easy finish at race pace	60-75 min Easy Run Zone 1-2	X-Train Bike, swim, elliptical...30 min
7	20 - 30 min core/strength workout	Rest Day	8 - 400 M reps @ 5K race pace w/60-90 sec rest intervals	Rest Day	30 min Moderate run Zone 3	60-75 min Easy Run Zone 1-2	Rest Day
8	20 min Easy Run Zone 1-2	Rest Day	<b><u>Torchlight 5K Race</u></b>	Rest Day	X-Train Bike, swim, elliptical...30 min Core workout 30 min	15-30 min Easy run Zone 1-2	X-Train Bike, swim, elliptical...30 min Core workout 30 min