Bryn Mawr Runs (around) the World 5k

Beginner: No previous experience required. Please consult your physician before starting a new training plan.

Intermediate: For active individuals, not necessarily runners, but those used to weight-baring activities.

Advanced: Assumes you’re used to running or able to run 15—20 miles per week.

If you’re training at a higher level than our Advanced plan, please contact Coach Hewitt (jshewitt@brynmawr.edu) for training tips and suggestions.
## Beginner—Couch to 5k Plan

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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</thead>
</table>
| Sign Up!  
Make sure you sign up for the 5k Event.  
20min Total  
1 min Jog/ 1 min walk  
10 times through | 30min Total  
2 min Jog/ 1min walk  
10 times through | Rest and Recovery | 35 min Total  
6 min Jog/ 1min walk  
5 times through | Challenge Accepted  
Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube | 30min Total  
10min Jog / 3 min walk  
8 min Jog/ 2min walk  
7min Jog |
| REST and RECOVERY  
Suggested stretching? | 33 min Total  
10 min Jog  
1 min Walk  
3 times through | 20min Total  
1 min Jog  
1 min walk  
Until you get to 20min | Rest and Recovery  
OR  
Follow the extended Stretching Video on YouTube | 35 minutes Total  
15 min Jog  
1 min Walk  
10 min jog  
1 min walk  
8 min Jog | Challenge Accepted  
Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube | REST and RECOVERY  
Suggested stretching? |
| 40 minutes Total  
25 min Jog/ 3 min walk  
10 min Jog/ 2 min walk | REST and RECOVERY  
Suggested stretching? | 35 minutes Total  
15 min Jog / 1min Walk  
10 min jog / 1min walk  
8 min Jog | Rest and Recovery  
OR  
30 min Cardio | 22 minutes Total  
10min jog / 1min walk  
2 times through | Challenge Accepted  
Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube | 5k  
Good luck!  
Don’t forget to post your pic to Instagram and Facebook! |

**Bryn Mawr Athletics**

**Good luck!**
# Intermediate-5k plan

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<tr>
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</thead>
<tbody>
<tr>
<td>Sign Up!</td>
<td>Make sure you sign up for the 5k Event.</td>
<td>3Miles Easy Steady State Run</td>
<td>Rest and Recovery OR</td>
<td>3Miles Moderate Pace Run</td>
<td>Challenge Accepted</td>
<td>TRACK TIME*</td>
</tr>
<tr>
<td>2 Miles Easy Steady State Run</td>
<td></td>
<td></td>
<td>45 min of Cardio</td>
<td>Get your big bad wolf on (huff and puff a little)</td>
<td>Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube</td>
<td>4 x 400m Dropdown See attached for instructions</td>
</tr>
<tr>
<td></td>
<td>REST and RECOVERY</td>
<td>2 Miles Easy Steady State Run</td>
<td>Rest and Recovery OR</td>
<td>TRACK TIME*</td>
<td>Challenge Accepted</td>
<td>REST and RECOVERY</td>
</tr>
<tr>
<td>REST and RECOVERY</td>
<td>3 Miles Easy</td>
<td>2 Miles Easy Steady State Run</td>
<td>5 x 400m Drop Down See attached for instructions</td>
<td>Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube</td>
<td>Challenge Accepted</td>
<td>Suggested stretching?</td>
</tr>
<tr>
<td>Suggested stretching?</td>
<td>Or</td>
<td></td>
<td></td>
<td></td>
<td>Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube</td>
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<tr>
<td></td>
<td>4 Miles Easy Steady State Run</td>
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<tr>
<td></td>
<td>5 Miles Easy Steady State Run</td>
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<tr>
<td>Suggested stretching?</td>
<td>REST and RECOVERY</td>
<td>3 Miles Moderate Get your big bad wolf on (huff and puff a little)</td>
<td>Rest and Recovery OR</td>
<td>3 Miles Easy Steady State Run</td>
<td>Challenge Accepted</td>
<td>5k</td>
</tr>
<tr>
<td></td>
<td>Suggested stretching?</td>
<td></td>
<td>45 min Cardio</td>
<td></td>
<td>Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube</td>
<td>Good luck! Don’t forget to post your pic to Instagram and Facebook!</td>
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**Advanced - 5k plan**

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</thead>
</table>
| Sign Up!  
Make sure you sign up for the 5k Event.  
3 Miles  
Easy Steady State Run | 5Miles  
Easy Steady State Run | Rest and Recovery  
OR  
30 min of Cardio | 6 Miles  
Moderate Pace Run  
Get your big bad wolf on (huff and puff a little) | Challenge Accepted  
Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube | TRACK TIME*  
6 x 400m Drop Down  
See attached for instructions | 5k  
Good luck! |

**REST and RECOVERY**  
**Suggested stretching?**

<table>
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<tr>
<th>Monday</th>
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</table>
| 7 Mile Long Run  
Steady State Run | 5 Miles Easy  
Steady State Run | Rest and Recovery  
OR  
Follow the extended Stretching Video on YouTube | TRACK TIME*  
6x 400m Drop Down  
See attached for instructions | Challenge Accepted  
Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube | 5 Miles Easy |

**REST and RECOVERY**  
**Suggested stretching?**

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</table>
| 7 Mile Long Run  
Steady State | REST and RECOVERY  
Suggested stretching? | 5 Miles Moderate  
Get your big bad wolf on (huff and puff a little)  
Add stretching or cardio if you feel up to it! | 5 Miles Easy  
Steady State Run | Challenge Accepted  
Join Courtney Morris for yoga or check out our static stretching suggestions on YouTube | 5k  
Good luck!  
Don't forget to post your pic to Instagram and Facebook! |
Training Tips and Track Time

Training Tips
- You may be in an area where Covid-19 issues are restricting your running options. Stay safe and follow your local recommendations. Be creative and adjust the training as need be.

- If you're required to wear a mask while you're out, experiment ahead of time with which options allow you to breathe comfortably.

- These training plans are to help you stay motivated, but they're not specifically designed for you. If you need to adjust the training, do so. You are the only expert on you.

Track Time
- These workouts are designed to be done on a 400m outdoor track. If you don't have access to a track you can put in a 90s effort and get the same benefit, you can also use a 1/4 mile and get a similar affect.

- Drop Down workouts require you to control the 1st effort. Don't go too fast! Each effort should be faster than the previous.