

6-Week 5K Training Plan

Goal: My first 5K in March 14th

Focus: Building the "**Engine**" (Zone 2) and the "**Ceiling**" (Zone 4/5) while protecting the "**Chassis**" (Strength).

1. **The Engine (Zone 2):** Your aerobic base. Building this allows you to run longer with less effort. Most of your training happens here.
2. **The Ceiling (Zone 4/5):** Your top-end speed. Pushing this higher allows your "cruising speed" to feel easier.
3. **The Chassis (Strength):** Your physical frame. Strength training reinforces the "parts" (joints, tendons, muscles) so they don't break under the pressure of the engine.

The Benchmark Strategy

To see exactly how effective the training is, we will perform two "All-Out" tests:

1. **Baseline Test (Week 1):** Run a 5K as fast as you can. Record the time.
2. **Race Day (Week 6):** The final test. The difference between these two numbers is your progress.

Heart Rate & Intensity Guide

Component	Target Zone	Effort Level	Purpose
The Engine	Zone 2 (60-70%)	Conversational; easy nose-breathing.	Aerobic efficiency & fat oxidation.
The Ceiling	Zone 4/5 (80-100%)	Hard to Max; breathless.	Lactate threshold & VO2 Max.
The Chassis	Strength	Controlled, quality movements.	Injury prevention & power transfer.

Heart Rate Zone Key

- **Zone 1 (50-60%):** Very light. Movement/Walking.
- **Zone 2 (60-70%):** Aerobic base. You should be able to hold a full conversation.
- **Zone 3 (70-80%):** Aerobic power. Purposeful effort, rhythmic breathing.
- **Zone 4 (80-90%):** Lactate threshold. "Comfortably hard." Short sentences only.

My Personal Heart Rate (Based on Fitbit)

- **Zone 1 (50-60%):** <107 bpm
- **Zone 2 (60-70%):** 108-131 bpm
- **Zone 3 (70-80%):** 132-161 bpm
- **Zone 4 (80-90%):** >162

The Weekly Rhythm

Understanding the flow of your week helps ensure you don't burn out:

Day	Focus	Mindset	The Goal
Monday	The Chassis (Lower)	"Bulletproofing"	Heavy focus on the legs and glutes to absorb the impact of the week's miles.
Tuesday	The Engine (Base)	"Quiet & Controlled"	Low-intensity Zone 2. Should feel like you could go forever. Don't let the HR spike.
Wednesday	The Chassis (Upper)	"Postural Integrity"	Core and upper body. Keeps your form from collapsing when you get tired in a race.
Thursday	The Ceiling (Speed)	"Uncomfortable"	Pushing the limits. This is where we expand your lung capacity and leg speed.
Friday	System Recovery	"Active Maintenance"	Gentle movement or total rest. Letting the "parts" settle after the hard work.
Saturday	The Engine (Long)	"Steady State"	Building endurance. The longest effort of the week to increase the size of the fuel tank.
Sunday	Total Shutdown	"Recharging"	Complete rest. The body adapts to stress during rest, not during the workout itself.

The 6-Week Progression: Starting from February 2nd

Wk	Dates	Mon (Chassis)	Tue (Engine)	Wed (Chassis)	Thu (Ceiling)	Sat (Engine)
1	Feb 2–8	Lower Body	25m Z2	Upper/Core	Baseline test 5K	2.0 Miles Z2
2	Feb 9–15	Lower Body	30m Z2	Upper/Core	25m Z2 + 5m Z3	2.5 Miles Z2
3	Feb 16–22	Lower Body	30m Z2	Upper/Core	Intervals: 4x3m @ Z4	3.1 Miles Z2
4	Feb 23–Mar 1	Lower Body	35m Z2	Upper/Core	Intervals: 5x3m @ Z4	3.5 Miles Z2
5	Mar 2–8	Taper	25m Z2	Light Core	3x2m @ Race Pace	2.5 Miles
6	Mar 9–15	Race Week	Mobility	20m Easy	Rest	5K RACE (Mar 14)

- You will have tapering, a strategic reduction in training volume (distance/time) during the 1-2 weeks before your race.
 - ➔ For muscle repair, glycogen loading and mental freshness.
- For “Taper” week, cut your long run down and shorten your speed session, perform light lower body training for Monday and light core for Wednesday.
- For “Race Week”, very light movement only. You are just keeping the “gears greased” until Saturday morning. You can rest on your lower body or just do mobility on Monday.

Strength Routine Details (Examples: I will post more details on Instagram!)

Monday: Lower Body Foundation (2-3 Sets each)

- **Goblet Squats (12 reps):** Deep focus on hip mobility.
- **Split Squats (10/side):** Balance the "shocks" on both sides.
- **Calf Raises (15 reps):** Essential for power transfer and ankle health.
- **Glute Bridges (20 reps):** Engagement to prevent lower back strain.

Wednesday: Core & Upper Body (3 Sets each)

- **Plank Variations (45s):** Stability for the mid-chassis.
- **Push-ups (12-15 reps):** Shoulder stability for arm drive.
- **Single-Arm Rows (12 reps):** Counteracts the "runner's hunch."
- **Dead Bugs (10/side):** Deep core control to protect the spine.

Training Notes

- **No Redlining on Engine Days:** If your heart rate creeps into Zone 3 during an "Engine" run, slow down immediately.
- **Quality over Quantity:** If your form breaks during "Chassis" work, stop the set. Poorly built parts lead to mechanical failure.
- **Listen to the Mechanics:** If the "Chassis" feels creaky (persistent joint pain), prioritize the Monday/Wednesday strength work over the Thursday "Ceiling" runs.

Progress Tracker

- **Baseline Time (Feb 5):** ___:___
- **Race Day Time (Mar 14):** ___:___
- **Total Improvement:** ___:___

LET'S ENJOY RUNNING
JOURNEY TOGETHER!