



Move Through Summer 5K Walk to Run Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Example : 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down. You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please reach out to Forrest.

Hill Repeat: A hill repeat is a running workout where a runner repeatedly runs up a hill at a hard effort and then jogs or walks back down for recovery. This type of training is used to build strength, power, speed, and running economy, especially for races that involve elevation changes.

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible and focus on feeding your body and letting it recover.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12 Run 1 Min. Walk 1 Min. Repeat 7 Times Miles Easy
13 Active Recovery; Walk or Play for 15 Minutes	14 Run 1 Min. Walk 1 Min. Repeat 5 Times; Strength Train	15 Active Recovery	16 Run 1 Min. Walk 1 Min. Repeat 5 Times; Strength Train	17 Active Recovery	18 Off/Rest	19 Run 2 Min. Walk 2 Min. Repeat 5 Times
20 Active Recovery; Walk or Play for 15 Minutes	21 Run 2 Min. Walk 2 Min. Repeat 5 Times. Strength Train	22 Hill Repeats; Walk/Run 6 min, run up hill 1 min, walk down- 3x	23 Run 2 Min. Walk 2 Min. Repeat 5 Times. Strength Train	24 Active Recovery	25 Off/Rest	26 Run 3 Min. Walk 2 Min. Repeat 6 Times Miles Easy
27 Active Recovery; Walk or Play for 30 Minutes	28 Run 2 Min. Walk 4 Min. Repeat 8 Times; Strength Train	29 Hill Repeats; Walk/Run 6 min, run up hill 1 min, walk down- 3x	30 Run 2 Min. Walk 4 Min. Repeat 5 Times; Strength Train	31 Active Recovery		

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Off/Rest	2 Run 3 Min. Walk 2 Min. Repeat 8 Times
3 Active Recovery; Walk or Play for 30 Minutes	4 Run 3 Min. Walk 3 Min. Repeat 7 Times; Strength Train	5 Track; 6 min warm up, 4x400 RPE 7 w/200 recovery & 6 min cooldown	6 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	7 Active Recovery	8 Off/Rest	9 Run 3 Min. Walk 2 Min. Repeat 10 Times
10 Active Recovery; Walk or Play for 30 Minutes	11 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	12 Track; 6 min warm up, 4x400 RPE 8 w/200 recovery & 6 min cooldown	13 Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	14 Active Recovery	15 Off/Rest	16 Run 3 Min. Walk 2 Min. Repeat 11 Times
17 Active Recovery; Walk or Play for 30 Minutes	18 Run 3 Min. Walk 3 Min. Repeat 7 Times; Strength Train	19 Hill Repeats; Walk/Run 6 min, run up hill 1 min, walk down- 5x	20 Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	21 Active Recovery	22 Off/Rest	23 Run 4 Min. Walk 2 Min. Repeat 8 Times
24 Active Recovery; Walk or Play for 30 Minutes	25 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	26 Hill Repeats; Walk/Run 6 min, run up hill 1 min, walk down- 5x	27 Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	28 Active Recovery	29 Off/Rest	30 Run 4 Min. Walk 2 Min. Repeat 10 Times
31 Active Recovery; Walk or Play for 30 Minutes						

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	2 Track; 6 min warm up, 6x200 RPE 8 w/200 recovery & 6 min cooldown	3 Run 3 Min. Walk 1 Min. Repeat 5 Times; Strength Train	4 Active Recovery	5 Off/Rest	6 Run 4 Min. Walk 1 Min. Repeat 8 Times
7 Active Recovery; Walk or Play for 30 Minutes	8 Run 4 Min. Walk 1 Min. Repeat 6 Times; Strength Train	9 Track; 6 min warm up, 6x100 RPE 8.5 w/400 recovery & 6 min cooldown	10 Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train	11 Active Recovery	12 Off/Rest	13 3.1 Miles Walk/Run at your pace
14 Active Recovery; Walk or Play for 30 Minutes	15 Strength Train	16 Hill Repeats; Walk/Run 6 min, run up hill 1 min, walk down- 4x	17 Active Recovery	18 2 Miles Walk/Run at your pace	19 Off/Rest	20 Run 3 Min. Walk 2 Min. Repeat 7 Times
21 Active Recovery; Walk or Play for 30 Minutes	22 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	23 Track; 6 min warm up, 4x400 RPE 7.5 w/400 recovery & 6 min cooldown	24 Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	25 Active Recovery	26 Off/Rest	27 Run 3 Min. Walk 3 Min. Repeat 8 Times
28 Active Recovery; Walk or Play for 30 Minutes	29 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	30 Track; 6 min warm up, 6x200 RPE 8 w/200 recovery & 6 min cooldown				

OCTOBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	2 Active Recovery	3 Off/Rest	4 Run 2 Min. Walk 2 Min. Repeat 5 Times
5 Active Recovery; Walk or Play for 30 Minutes	6 Strength Train	7 Active Recovery	8 Active Recovery	9 Walk 2 miles- Take time to prepare for race day	10 Off/Rest	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	