

5K Running/Strength Training Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest/ S Train*	1.5 m run	Rest or S Train*	1.5 m run	Rest or S Train*	1.5 m run	30-60 Min Walk
2	Rest or S Train*	1.75 m run	Rest or S Train*	1.5 m run	Rest or S Train*	1.75 m run	35-60 Min Walk
3	Rest or S Train*	2 m run	Rest or S Train*	1.5 m run	Rest or S Train*	2 m run	40-60 Min Walk
4	Rest or S Train*	2.25 m run	Rest or S Train*	1.5 m run	Rest or S Train*	2.25 m run	45-60 Min Walk
5	Rest or S Train*	2.5 m run	Rest or S Train*	2 m run	Rest or S Train*	2.5 m run	50-60 Min Walk
6	Rest or S Train*	2.75 m run	Rest or S Train*	2 m run	Rest or S Train*	2.75 m run	55-60 Min Walk
7	Rest or S Train*	3 m run	Rest or S Train*	2 m run	Rest or S Train*	3 m run	60 Min Walk
8	Rest or S Train*	3 m run	Rest or S Train*	2 m run	Rest or S Train*	3 m run	5k Race

Hal Higdon website

* S Train = Strength Training - See training schedule below

2 to 3 days of strength training light weight high reps at 50% to 60% of Maximum weight you can lift. Example Workouts:

*Monday-Strength Train Workout:

2 Sets of 12 Reps

Chest Fly Machine

Execution: Adjust seat to appropriate height. Sit on the chest fly machine, grasp handles, palms facing toward each other, handles should be even with the chest, knees are bent at a 90 degree. With the appropriate weight bring your palms together (hug the



tree)(exhale) and bring your arms back slow (inhale). Repeat

Chest Press

Execution: Adjust seat to appropriate height. Sit on the chest press machine, grasp handles, palms facing down, wrists are straight, knees are bent at a 90 degree. With the appropriate weight press your arms forward (exhale) and bring them back in (inhale). Repeat

Tricep Pull Downs on Universal Standing

Execution: Lift Universal height adjuster above your head. Make sure pin is secured and clip in straight bar. With overhand grip and palms facing down. With the appropriate weight press down keeping elbows close by your sides for full extension (exhale) and bring bar back up to chest level (inhale). Repeat

***Wednesday-Strength Train Workout:**

2 Sets of 12 Reps

Lat Pull Down Machine

Execution: Adjust seat to appropriate height. Grasp handles above, palms facing away from you, extend you arms fully as you sit down facing the machine. With the appropriate weight face forward with your chest up, pinch your shoulder blades together and pull down (exhale) and slowly bring arms back up (inhale). Repeat.



Row Rear Delt Machine

Execution: Adjust seat to appropriate height. Sit on rear delt machine, grasp handles, palms facing toward each other, keeping your back straight. With the appropriate weight pull handles back keeping your elbows close to your rib cage (exhale) and slowly bring arms back to starting point (inhale). Repeat.

Bicep Curl on Universal Standing

Execution: Lower Universal height adjuster to foot height. Make sure pin is secured and clip in straight bar. With the appropriate weight bend at the knee, grasp bar with underhand grip, lift with legs not your back. Keeping your elbows tight to your rib cage, resting straight bar on thighs. Lift bar to chest height without moving elbows (exhale) and release bar back down to your thighs (inhale). Repeat.

***Friday-Strength Train Workout:**

2 Sets of 12 Reps

Leg Extension Machine

Execution: Adjust the seat to the appropriate setting. Sit on the chair and place your feet behind the foot pads should make contact with your lower shin, just above your ankles. Grasp the handles down at the sides of the chair. With the appropriate weight, straighten your legs and lift the weight (exhale) and (inhale) as you bring your legs down slowly. Repeat.

Leg Flexion Machine

Execution: Adjust the seat to the appropriate setting. Sit on a leg curl-machine so that your knees clear the edge of the seat. Place the back of your lower calves against the resistance pad. Grasp the handles and lean into the backrest. With appropriate weight, push your legs down (exhale) and (inhale) as you bring your legs up slowly. Repeat.

Shoulder Machine

Execution: Adjust the seat to the appropriate setting. Sit on shoulder machine so that your knees were bent at 90 degrees. Grasp the handles palms facing in, with the appropriate weight, press upward (exhale) and lower slowly (inhale). Repeat.



***For a more advanced program, set up an appointment
with HPFC's Certified Personal Trainers!***