



kcexpress.org

5k club

About our Coach



Helen Wilms is well known in the KC running community for her extensive experience, her warm and friendly presence, and her professional coaching skills. Feel free to contact her anytime with your training questions: helenwilms@gmail.com

Training Plan for Group Sessions

TRAINING GROUPS:

- 1) Walkers who want to walk a stronger or faster 5K.
- 2) Walkers/Joggers who want to transition to running a 5K.
- 3) Runners who want to run a faster 5K.

Join the group that's the best fit for your experience and goals. You can always switch groups as needed.

OUTLINE FOR THE TUES NIGHT SESSIONS:

- Dynamic warm ups (5 min)
- Technique drills (5 min)
- Run/Walk (30 min)
- Cool down (5 min walk or run)
- Stretch (10 min)

We'll do the dynamic warm up and technique drills together, then break up into the three Training Groups for the walk/run portion. Stretch as your group finishes.

| WEEK | WORKOUT DAYS & TIMES | PLAN FOR WALKERS AND WALK-TO-RUN TRANSITION | PLAN FOR RUNNERS (to include 1/2 mile warm up & cool down) |
|--|---|---|--|
| 1 FORM & Hydration | 3 days/week 15-20 min | Intervals: 30-SECONDS of fast walking or running 30-SECONDS of walking at a moderate pace. | Interval work: Run 1 min at 80% effort, Run 2 min at recovery pace. Repeat 10X. |
| 2 CADENCE & Clothing | 3-4 days/week 20-25 min | Same as week 1 | Interval work: Run 1 min at 85% effort, Run 2 min at recovery pace. Repeat 10X |
| 3 FLEXIBILITY & Fuel/Supplements | 3-4 days/week 20-25 min | Intervals: 45-SECONDS of fast walking or running 30-SECONDS of walking at a moderate pace | 400 meter work: Run 400M (80% effort); Run 400M recovery pace, Repeat 10X |
| 4 STRENGTH & Apps | 3-4 days/week 20-25 min | Same as week 3 | 800 meter work: Run 800M (5K pace); Run 800M recovery pace, Repeat 4X |
| 5 RECOVERY | 3-4 days/week 25-30 min | Intervals: 60-SECONDS of fast walking or running 30-SECONDS of walking at a moderate pace | Ladder work: Run 200M (80%effort); Run 200M recovery pace; repeat same with 400M, 800M, 400M, 200M |
| 6 PACE & Safety | 3-4 days/week 30-35 min | Same as week 5 | 1 mile repeats: Run 1 mile (5k pace), run 800M (recovery pace); Repeat 2-3X |
| 7+ CONTINUITY | Everyone: Keep it going, running or walking 3-4 days a week! Do a longer run or walk of 35-40 minutes on the week-ends. (Join the KC Express Saturday Walk or Run Groups for support and fun new routes.) Continue doing the warm-ups, drills, and stretches that work well for you! <i>Keep your fitness level up & feel the benefits of healthy movement!</i> | | |



