



May 2024 HMR 5k Plan

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			7x 1 min jog with 1 minute walk between run can be whatever pace is necessary	Rest day	7x 1 min jog with 1 minute walk between	Rest day
5	6	7	8	9	10	11
9x1 min run with 1 min walk	Rest day	4x2 min run with 1 min walk	Rest day	5x2 min run with 1 min walk	Rest day	6x2 min run with 1 min walk
12	13	14	15	16	17	18
Rest day	7x2 min run 1 min walk	Rest Day	1 mile continuous run	Rest day	8x2 min run 1 min walk	Rest day
19	20	21	22	23	24	25
6x3min run 1 min walk	Rest Day	6x3min run 1 min walk	1 mile continuous run	Rest Day	4x4 min run 1 min walk	1 mile continuous run
26	27	28	29	30	31	
Rest day	2x1 mile run 3 min walk between	Rest day	4x5 min run 1 min walk	Rest Day	2x1 mile run 3 min walk	

NOTES

Our goal for the first month is to build good habits, establish a routine, and create consistency. Running and walking intervals will help strengthen muscles and tendons without putting too much strain on the body. It is important to have reasonable expectations and set achievable goals. The purpose of the first month of training is to avoid injury while building capacity to handle longer and faster efforts. All running this month should be at a manageable, relaxed pace that can be maintained.

10 MILER PLAN BELOW...



May 2024 HMR 10 Miler Plan

*Assuming some level of training experience or baseline fitness *

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			2 miles easy	2 miles easy	Rest Day	3 miles easy
5	6	7	8	9	10	11
3 miles easy	Rest day	3 miles easy	3 miles easy	3 miles easy	Rest Day	3 miles easy
12	13	14	15	16	17	18
5 mile long run	Rest day	3 miles easy	4 miles easy	3 miles easy	Rest day	3 miles easy
19	20	21	22	23	24	25
6 mile long run	Rest day	4 miles easy	3 miles easy	4 miles easy	2 miles easy	4 miles easy
26	27	28	29	30	31	
6 mile long run	Rest Day	4 miles easy	5 miles easy	4 miles easy	Rest Day	

NOTES

Our goal for this first month is to get back into running and slowly progress towards higher mileage. All running for the first month should be at a manageable and sustainable pace. We are building our capacity to support faster efforts and longer runs. If breaks are needed, try slowing down or adding walking intervals between miles until it feels more comfortable.

GENERAL TIPS BELOW...

General Tips:

- Good running shoes are important, they do not have to be the newest technology, or the most expensive brand, but getting supportive shoes that are meant for running will help you avoid injury. Avoid “fashion fitness” shoes.
- It is important to fuel the run with a snack or meal before the effort and eat something shortly after the exercise to help boost recovery times, and as always, stay hydrated.
- Make sure to get a dynamic warm up before the effort, get the body moving with some light dynamic stretches and exercises to wake the muscles up, and walk around and stretch after the effort.
- Moderating your efforts and staying consistent are the best ways to sustainably improve. Make sure your pace is manageable and you take time off when it is needed. The provided plans are a baseline, but do not force yourself to run if you feel pain or need rest.
- Sleep is the best tool for recovery, do not be surprised if your body feels the need for more sleep or more food.

Courtesy of Nick Wolk (@therealnickwolk)