

Fastest 5K in 8 Weeks

**Week 1:**

	Workout Code	Type	Description	Duration
Monday	P90X	Strength	Chest and Back	1 hr
	P90X	Abs	Ab Ripper X	16 min
	RER1	Easy Run	Easy Run at Comfortable Pace	35 min
Tuesday	RIR1	Interval Run	Run 6 ea. 1/4 mile sprints at maximum intensity with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	40 min
Wednesday	RFR5	Foundation Run	Steady Run @ moderate aerobic intensity	40 min
	P90X	Abs	Ab Ripper X	16 min
Thursday	RTR1	Tempo Run	Run at 10K pace for 20 min. Warm up and cool down long enough to reach total time	30 min
Friday	P90X	Strength	Plyometrics	1 hr
	P90X	Abs	Ab Ripper X	16 min
Saturday	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RFR6	Foundation Run	Steady Run @ moderate aerobic intensity	45 min
Sunday				
			Rest Day	

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**Week 2:**

	Workout Code	Type	Description	Duration
Monday	P90X	Strength	Arms and Shoulders	1 hr
	P90X	Abs	Ab Ripper X	16 min
	RER1	Easy Run	Easy Run at Comfortable Pace	35 min
Tuesday	RIR1	Interval Run	Run 4 ea. 1/2 mile sprints at goal 5K pace with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	40 min
Wednesday	RFR5	Foundation Run	Steady Run @ moderate aerobic intensity	40 min
	P90X	Abs	Ab Ripper X	16 min
Thursday	RTR1	Tempo Run	Run at 10K pace for 20 min. Warm up and cool down long enough to reach total time	30 min
Friday	P90X	Strength	Legs and Back	1 hr
	P90X	Abs	Ab Ripper X	16 min
Saturday	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RFR6	Foundation Run	Steady Run @ moderate aerobic intensity	45 min
Sunday				
			Rest Day	

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**Week 3:**

	Workout Code	Type	Description	Duration
<b>Monday</b>	P90X	Strength	Back and Biceps	1 hr
	P90X	Abs	Ab Ripper X	16 min
	RER2	Easy Run	Easy Run at Comfortable Pace	40 min
<b>Tuesday</b>	RIR2	Interval Run	Run 8 ea. 1/4 mile sprints at maximum intensity with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	40 min
<b>Wednesday</b>	RFR6	Foundation Run	Steady Run @ moderate aerobic intensity	45 min
	P90X	Abs	Ab Ripper X	16 min
<b>Thursday</b>	RTR1	Tempo Run	Run at 10K pace for 20 min. Warm up and cool down long enough to reach total time	30 min
<b>Friday</b>	P90X	Strength	Plyometrics	1 hr
	P90X	Abs	Ab Ripper X	16 min
<b>Saturday</b>	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RFR7	Foundation Run	Steady Run @ moderate aerobic intensity	50 min
<b>Sunday</b>				
			Rest Day	

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**Week 4: RECOVERY**

	Workout Code	Type	Description	Duration
Monday	P90X	Strength	Chest, Shoulders, and Triceps	1 hr
	P90X	Abs	Ab Ripper X	16 min
Tuesday	RIR3	Interval Run	Run 4 ea. 1/2 mile sprints at goal 5K pace with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	40 min
Wednesday	RFR6	Foundation Run	Steady Run @ moderate aerobic intensity	30 min
	P90X	Abs	Ab Ripper X	16 min
Thursday			Mid week Rest	
Friday	P90X	Strength	Legs and Back	1 hr
	P90X	Abs	Ab Ripper X	16 min
Saturday	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RER1	Easy Run	Easy Run and Comfortable Pace	35 min
Sunday			Rest Day	

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**Week 5:**

	Workout Code	Type	Description	Duration
<b>Monday</b>	P90X	Strength	Chest and Back	1 hr
	P90X	Abs	Ab Ripper X	16 min
	RER3	Easy Run	Easy Run at Comfortable Pace	45 min
<b>Tuesday</b>	RIR3	Interval Run	Run 9 ea. 1/4 mile sprints at maximum intensity with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	45 min
<b>Wednesday</b>	RFR6	Foundation Run	Steady Run @ moderate aerobic intensity	45 min
	P90X	Abs	Ab Ripper X	16 min
<b>Thursday</b>	RTR2	Tempo Run	Run at 10K pace for 25 min. Warm up and cool down long enough to reach total time	35 min
<b>Friday</b>	P90X	Strength	Plyometrics	1 hr
	P90X	Abs	Ab Ripper X	16 min
<b>Saturday</b>	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RFR9	Foundation Run	Steady Run @ moderate aerobic intensity	1 hr
<b>Sunday</b>				
			Rest Day	

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**Week 6:**

	Workout Code	Type	Description	Duration
<b>Monday</b>	P90X	Strength	Arms and Shoulders	1 hr
	P90X	Abs	Ab Ripper X	16 min
	RER2	Easy Run	Easy Run at Comfortable Pace	40 min
<b>Tuesday</b>	RIR3	Interval Run	Run 5 ea. 1/2 mile sprints at goal 5K pace with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	45 min
<b>Wednesday</b>	RFR6	Foundation Run	Steady Run @ moderate aerobic intensity	45 min
	P90X	Abs	Ab Ripper X	16 min
<b>Thursday</b>	RTR3	Tempo Run	Run at 10K pace for 30 min. Warm up and cool down long enough to reach total time	40 min
<b>Friday</b>	P90X	Strength	Legs and Back	1 hr
	P90X	Abs	Ab Ripper X	16 min
<b>Saturday</b>	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RFR7	Foundation Run	Steady Run @ moderate aerobic intensity	50 min
<b>Sunday</b>				
			Rest Day	

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**Week 7:**

	Workout Code	Type	Description	Duration
<b>Monday</b>	P90X	Strength	Back and Biceps	1 hr
	P90X	Abs	Ab Ripper X	16 min
	RER3	Easy Run	Easy Run at Comfortable Pace	45 min
<b>Tuesday</b>	RIR2	Interval Run	Run 8 ea. 1/4 mile sprints at maximum intensity with 1/4 mile recovery periods. Warm up and cool down long enough to reach total time	40 min
<b>Wednesday</b>	RFR5	Foundation Run	Steady Run @ moderate aerobic intensity	40 min
	P90X	Abs	Ab Ripper X	16 min
<b>Thursday</b>	RTR3	Tempo Run	Run at 10K pace for 30 min. Warm up and cool down long enough to reach total time	40 min
<b>Friday</b>	P90X	Strength	Plyometrics	1 hr
	P90X	Abs	Ab Ripper X	16 min
<b>Saturday</b>	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	RFR9	Foundation Run	Steady Run @ moderate aerobic intensity	1 hr
<b>Sunday</b>				
			Rest Day	

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**Week 8: RECOVERY**

	Workout Code	Type	Description	Duration
Monday	P90X	Strength	Chest, Shoulders, and Triceps	1 hr
	P90X	Abs	Ab Ripper X	16 min
Tuesday	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
Wednesday	RFR5	Foundation Run	Steady Run @ moderate aerobic intensity	40 min
	P90X	Abs	Ab Ripper X	16 min
Thursday	RER1	Easy Run	Easy Run at Comfortable Pace	35 min
Friday	P90X	Core/Flexibility	Core Synergistics	1 hr
Saturday	One on One	Core/Flexibility	Fountain of Youth Yoga	40 min
	Test	Time Trial 5K	See how you did	????
Sunday				
			Rest Day	