



P90x3 5k Training Plan

Glossary of Workouts

BASE Run

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

BASE Run SI 35 (1-minute intervals)

Total workout duration is 30 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 1 minute controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

BASE Run SI 50 (1-minute intervals)

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

8 x 2 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



BASE Run SI 50 (2-minute intervals)

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 2 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

BASE Run Hills 30

Warm up 10 min at 55-75% of max HR

4 x 2 min hills with 1 min recoveries

Cooldown the rest of the time

BASE Run Hills 45

Warm up 10 min at 55-75% of max HR

4 x 5 min hills with 2 min recoveries

Cooldown the rest of the time

P90X3 Workouts

Workouts with “P90X3” in the title indicate a specific workout DVD available through the Beachbody P90X3 home DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at ryan@tribasetraining.com. I will help you get it on demand or via DVD for the best price.



Daily Training Schedule

Day 1 P90X3 - Dynamix	Day 2 BASE Run 30	Day 3 P90X3 – Total Synergistics	Day 4 BASE Run 30	Day 5 P90X3 – The Warrior	Day 6 BASE Run 20 P90X3 – X3 Yoga	Day 7 BASE Run 40
Day 8 P90X3 - Dynamix	Day 9 BASE Run 30	Day 10 P90X3 – Total Synergistics	Day 11 BASE Run 30	Day 12 P90X3 – The Warrior	Day 13 BASE Run 20 P90X3 – X3 Yoga	Day 14 BASE Run 50
Day 15 P90X3 - Dynamix	Day 16 BASE Run 30	Day 17 P90X3 – Total Synergistics	Day 18 BASE Run 30	Day 19 P90X3 – The Warrior	Day 20 BASE Run 20 P90X3 – X3 Yoga	Day 21 BASE Run 60
Day 22 P90X3 - Dynamix	Day 23 BASE Run 30	Day 24 P90X3 – Isometrix	Day 25 BASE Run 30	Day 26 P90X3 – Pilates X	Day 27 BASE Run 20 P90X3 – X3 Yoga	Day 28 BASE Run 45



Day 29 P90X3 - Dynamix	Day 30 BASE Run 30 P90X3 - Triometrics	Day 31 P90X3 – Eccentric Upper	Day 32 BASE Run SI 35 (1-minute intervals)	Day 33 P90X3 – Eccentric Lower	Day 34 BASE Run 20 P90X3 - Yoga	Day 35 BASE Run 50
Day 36 P90X3 - Dynamix	Day 37 BASE Run 40 P90X3 – Agility X	Day 38 P90X3 – Eccentric Upper	Day 39 BASE Run Hills 30	Day 40 P90X3 - Incinerator	Day 41 BASE Run 30 P90X3 – X3 Yoga	Day 42 BASE Run 60
Day 43 P90X3 - Dynamix	Day 44 BASE Run 40 P90X3 – Triometrics	Day 45 P90X3 – Eccentric Upper	Day 46 BASE Run SI 35 (1-minute intervals)	Day 47 P90X3 – Eccentric Lower	Day 48 BASE Run 30 P90X3 – X3 Yoga	Day 49 BASE Run 60
Day 50 P90X3 - Dynamix	Day 51 BASE Run 30 P90X3 – Agility X	Day 52 P90X3 – Isometrics	Day 53 BASE Run Hills 30	Day 54 P90X3 – Pilates X	Day 55 BASE Run 20 P90X3 - Yoga	Day 56 BASE Run 50



Day 57 P90X3 - Dynamix	Day 58 BASE Run 40 P90X3 - Decelerator	Day 59 P90X3 – Total Synergetics	Day 60 BASE Run SI 50 (2-minute intervals)	Day 61 P90X3 - Triometrics	Day 62 BASE Run 30	Day 63 BASE Run 60
Day 64 P90X3 - Dynamix	Day 65 BASE Run 40 P90X3 – Agility X	Day 66 P90X3 – Eccentric Upper	Day 67 BASE Run Hills 45	Day 68 P90X3 – Eccentric Lower	Day 69 BASE Run 30	Day 70 BASE Run 60
Day 71 P90X3 - Dynamix	Day 72 BASE Run 40 P90X3 - Decelerator	Day 73 P90X3 – Total Synergetics	Day 74 BASE Run SI 50 (1-minute intervals)	Day 75 P90X3 - Triometrics	Day 76 BASE Run 30	Day 77 BASE Run 50
Day 78 P90X3 - Dynamix	Day 79 BASE Run 40 P90X3 – Agility X	Day 80 P90X3 – Eccentric Upper	Day 81 BASE Run Hills 45	Day 82 P90X3 – Eccentric Lower	Day 83 BASE Run 30	Day 84 Base Run 50



Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
P90X3 - Dynamix	BASE Run 20	P90X3 – X3 Yoga BASE Run 20	BASE Run 20	P90X3 - Dynamix	BASE Run 15	5K Race