

BERBEE DERBY 5K TRAINING PLAN

| Week # | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--------------------|--|------------|---|---|--|------------|
| | Walk or XT | Run/Walk | XT or Rest | Run/Walk | Rest | Run/Walk | XT or Rest |
| Week 1 Sept. 10 - 16 | 20 min. walk or XT | Run/walk .75 mile Run 1 min.; walk 1 min. | XT or Rest | Run/walk .75 mile Run 1 min.; walk 1 min. | Rest | Run/walk .75 mile Run 1 min.; walk 1 min. | XT or Rest |
| Week 2 Sept. 17 - 23 | 20 min. walk or XT | Run/walk .75 mile Run 1 min.; walk 1 min. | XT or Rest | Run/walk .75 mile Run 1 min.; walk 1 min. | Rest | Run/walk .75 mile. Run 1 min.; walk 1 min. | XT or Rest |
| Week 3 Sept. 24 - 30 | 30 min. walk or XT | Run/walk 1 mile Run 1 min; walk 1 min | XT or Rest | Run/walk 1 mile Run 1 min.; walk 1 min. | Rest | Run/walk 1.5 miles Run 1 min.; walk 1 min. | XT or Rest |
| Week 4 Oct. 1 – 7 | 35 min. walk or XT | Run/walk 1 mile Run 2 min.; walk 1 min. | XT or Rest | Run/walk 1 mile Run 2 min.; walk 1 min. | Rest | Run/walk 1.5 mile Run 2 min.; walk 1 min. | XT or Rest |
| Week 5 Oct. 8 - 14 | 40 min. walk or XT | Run/walk 1.5 miles Run 2 min.; walk 1 min. | XT or Rest | Run/walk 1.5 miles + hills x2 Run 3 min.; walk 1 min. | Rest | Run/walk 2 miles Run 2 min.; walk 1 min. | XT or Rest |
| Week 6 Oct. 15 - 21 | 40 min. walk or XT | Run/walk 1.5 miles Run 3 min.; walk 1 min. | XT or Rest | Run/walk 1.5 miles Run 3 min.; walk 1 min. | Rest | Run/walk 2 miles Run 3 min.; walk 1 min. | XT or Rest |
| Week 7 Oct. 22 - 28 | 40 min. walk or XT | Run/walk 1.5 miles Run 3 min.; walk 1 min. | XT or Rest | Run/walk 1.5 miles Run 4 min.; walk 1 min. | Rest | Run/walk 2.5 miles Run 3 min.; walk 1 min. | XT or Rest |
| Week 8 Oct. 29 – Nov. 4 | 45 min. walk or XT | Run/walk 2 miles Run 4 min.; walk 1 min. | XT or Rest | Run/walk 2 miles + hills x3 Run 4 min.; walk 1 min. | Rest | Run/walk 2.5 miles Run 4 min.; walk 1 min. | XT or Rest |
| Week 9 Nov. 5 - 11 | 45 min. walk or XT | Run/walk 2 miles Run 4 min.; walk 1 min. | XT or Rest | Run/walk 2 miles Run 4 min.; walk 1 min. | Rest | Run/walk 3 miles Run 4 min.; walk 1 min. | XT or Rest |
| Week 10 Nov. 12 - 18 | 45 min. walk or XT | Run/walk 2 miles Run 4 min.; walk 1 min. | XT or Rest | Run/walk 2.5 miles Run 4 min.; walk 1 min. | Rest | Run/walk 3 miles Run 4 min.; walk 1 min. | XT or Rest |
| Week 11 Nov. 19 - 25 | 45 min. walk or XT | Run/walk 2 miles Run 4 min.; walk 1 min. | XT or Rest | Rest | RACE DAY Berbee Derby 5K | Rest | |

TERMS

Run / Walk Days - By following the schedule you will be running 3 days a week. Please do a warm up walk and cool down walk of 5 minutes each. This will not only benefit your muscles, but also will add distance to your workout. It is important to do all of your “Run/Walk” day workouts. Running/walking 3 times a week will prepare your body for the increase in miles the following week. Your runs will continue to build on the previous week until you reach a final distance of ~3.5 miles (with warm up and cool down). This will give you the endurance and mental advantage of doing more than your 5K goal distance.

- [Easy 5-minute warm-up for running - video](#)
- [How to stretch after a run](#)

XT- “Cross Training” Days - A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross-training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body balanced and injury free.

Sunday Walks - This is a walk day where you will be moving at a comfortable pace. You should be able to walk and chat with a friend for 45 minutes to an hour. This is a day to get time on your feet and elevate your heart rate, but not stress your body too much.

Rest - The all-important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run farther the next week. Without recovery days, you will not be able to improve your fitness.

Run/Walk Intervals - We encourage you to follow a structured run/walk interval. You will be progressing from a beginner interval of run 1 minute, walk 1 minute towards running more and walking less. You are welcome to move up to increased amounts of running as the program progresses if you feel ready.

Hills - It is imperative you incorporate some hill work into your training. The Berbee event is hilly, so preparing both mentally and physically for the course is to your benefit. There are a couple workouts throughout the program that you will incorporate hill repeats to develop strength and efficiency in preparation for your goal event.

- The workout: Find a hill that takes you about 30 seconds to run up. Starting at the bottom of the hill, run up for 15 seconds, then walk or slowly jog back down to the bottom. Run up again for 20 seconds, then return to the bottom. Run up again for 30 seconds and walk or jog back to the bottom. Repeat this sequence the number of times designated on your plan. Focus on your running technique with a powerful push-off and use your arms to generate momentum. Run tall and avoid leaning forward, and remember to give it your all!

Looking for additional accountability or a more structured and group focused-training experience? Check out Fleet Feet’s training programs. We offer training programs for individuals of all levels, from the beginner to the endurance athlete!

Good Form Running

Good Form Running (GFR) is a simple process of training that has the ultimate goal of helping you run more efficiently and injury free. GFR specifically addresses alignment and proper biomechanics, providing you with ways to make simple adjustments to improve your form.

- [GFR Overview – Video](#)
 - [GFR Posture – Video](#)
 - [GFR Midfoot – Video](#)
 - [GFR Cadence – Video](#)
 - [GFR Lean - Video](#)

ESSENTIAL GEAR

Running shoes: The top priority when buying running shoes is fit. Worn-out or ill-fitting running shoes can quite literally ruin your run. Ensuring you have properly fitted shoes for your foot shape and gait not only improves comfort, but can also prevent unwanted injuries.

- [How Should Running Shoes Fit – Video](#)
- [How to Know when Your Running Shoes are Worn Out - Video](#)

Socks: Technical socks use highly breathable fabrics which draw sweat away from the skin to keep your feet dry and comfortable. They also incorporate a contoured fit, deep heel pocket, seamless toe, and ventilation panels. All of these characteristics help eliminate the risk of blisters. Avoid cotton or cotton-blend socks. We love Balega, Feetures, and Injinji for running.

Run Bra: A properly fitted run bra is one of the most essential and personal pieces of gear for an active woman. A quality run bra should feel comfortable, stay in place, and not chafe. The straps should not dig into the shoulders and the band should be comfortably snug to offer support, but not feel restrictive. Do jumping jacks, run in place, and swing your arms side to side to make sure what feels good on is comfortable and supportive when you're in motion.

TIPS

Do the best you can: Everyone has good days and bad days. A day where you're not feeling amazing does not mean you're failing. It is OK to slow-down or walk for longer intervals if needed. Fitness will be gained as long as you get out the door!

Consistency: Just show up, even if schedules get busy. Big goals are made up of small goals that you achieve along the way. Any physical activity you complete is bringing you a step closer toward your goal and helping you gain fitness and health!

Motivation: If you're struggling to stay motivated, find an accountability buddy! Perhaps a family member, friend, or pet.

- Fleet Feet offers FREE group fun run/walks on Monday evenings at 6:00 p.m. that are great for those just beginning their running/walking journey. Routes are typically out-and-back and can be easily modified to your preferred time and/or distance. We would love to see you! [Learn more about Fleet Feet fun runs here.](#)

TRAINING FOR THE DERBY WITH TRI 4 SCHOOLS

Tri 4 Schools is a nonprofit empowering kids, schools, and their communities to be the best they can be. Through school grants, afterschool programs, multisport events, scholarships, and more, Tri 4 Schools is enhancing educational opportunities inside and outside the classroom. [Learn more about their mission here.](#)

Running with kids: Training for a race with your family is a great way to be active and spend time together. The emphasis should always be on fun. Incorporating games and creativity can keep running from feeling boring.

- Purchase proper running shoes and attire for both you and your child/children.
- Walking is a great way to allow for little breaks along the way so that running doesn't become overwhelming. Make it a game – run to the mailbox, walk to the driveway, and then skip to the tree.
- Shower your child with praise. Be an encourager not a pusher.
- Let your kid(s) choose whether they want to lead or follow. Allow them to be silly or run while making funny faces – whatever is needed to keep running light and fun.
- Let kids help chart out the routes you'll take. They can pick favorite parks or neighborhoods, or older kids can map out routes by distance or time.