



## Gobbler Grind 5K Level II Schedule

**Goal:** To finish the Gobbler Grind 5K within a certain time.

**Recommended Background:** Average weekly base of 10-25 miles in the last 3 weeks  
At least one 3-5 mile run

Phase	Dates	Sunday	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
<b>Speed</b>	-----	<b>R/C/O</b>	<b>C+R</b>	<b>G/S</b>	<b>C+R</b>	<b>HR/SL</b>	<b>C/O</b>	<b>L</b>	-----
	Sept. 29-Oct. 5	2-3	3-4	4-5G 2-4X800	2-3	4-5HR (4-6)		4-6	12-26
	October 6-12	2-3	3-4	4-5S 3-5X400	2-3	4-6SL		5-7	12-28
Recovery	October 13-19	C/O	2-3	3-4R+HR(2-4)	2-3	3-4R		4-6	10-20
	October 20-26	3-4	3-5	5-6G 2x1 Mile	3-4	5-6HR (6-8)		6-8	16-33
	Oct. 27-Nov. 2	3-4	3-5	5-6S 4-6X400	3-4	5-7SL	O	6-8	16-34
Recovery	November 3-9	C/O	2-3	3-5R+HR(3-6)	2-3	3-5R		5-7	11-23
<b>Peak</b>	-----	<b>R/O</b>	<b>C+R</b>	<b>G</b>	<b>R/C/O</b>	<b>R</b>	<b>O</b>	<b>L</b>	-----
	November 10-16	2-3	3-4	5-6G 2x1.5 Mile	3-4	4-6		4-6	13-29
	November 17-23	2	2-3	4-5G 3-4x800	2-3	3-4		0-2	7-19
	November 24	GG 5K							

**Please note:**

- Can run 3 to 6 days a week. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off with the number of weekly runs and mileage and gradually build from there.
- Ranges allow finding the sweet spot given how your body and mind feel – do more if you feel good/less if you don't
- Do a couple of tune up races to gain valuable race experience while they'll provide the best overall speed workout. Base your speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

### Key Terms

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 2-3 times a week. Can also do non-weight bearing aerobic activities you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain or off the pavement for short duration. Stop a few times to stretch and muscle floss to loosen up tight spots. Have fun while freshening up!
- L = Long Run.** After a 2 mile warm up, ease into a relaxed to moderate effort (1-2 minutes per mile slower goal pace)
- HR = Hill Repeats.** 3-5HR (4-6) means to warm up a few miles and then perform 4-6 minutes of pickups on a hill where you run at 5K-10K effort for 1-2 minutes followed by a recovery jog/walk back down. ½ mile cool down.
- G = Goal Pace Workout.** 4-5G 2-3x800 means to warm up for 2-3 miles, two to four 800 meter (or half mile on a flat trail) repeats at 5K goal pace with a 1 lap recovery jog after each repeat, ½-1 mile cool down
- S = Speed Workout.** 4-5: 3-4X400 means a track workout of three to four 400 meter repeats 20-30 seconds per mile faster than 10K pace (or from 5K pace up to 20 seconds per mile faster than 5K pace) with a 1 lap recovery jog after each. With a 2 mile warm up and a ½ mile cool down, total mileage is 4-5 miles.
- + = And Optional.** C+R means to cross train with the option of adding a recovery run
- / = Or.** C/O means to either cross train or take the day off