

MATADOR



REHAB + PERFORMANCE

Here's a four-week running program for a novice to intermediate runner who can train 2 to 3 days a week to prepare for a 5k race. Please note that it's important to listen to your body and adjust the intensity or duration of the runs as needed.

Week 1: Building the Base

Day 1: Easy Run

Duration: 20 minutes

Intensity: Comfortable, conversational pace

Day 2: Rest or Cross-Training

Choose a low-impact activity such as swimming, cycling, or yoga.

Day 3: Interval Training

Warm-up: 5 minutes of brisk walking, followed by dynamic stretches

Run 2 minutes at a slightly faster pace (about 80% effort)

Recover with 2 minutes of slow jogging or walking

Repeat this interval pattern 5 times

Cool-down: 5 minutes of slow jogging or walking

Week 2: Increasing Endurance

Day 1: Easy Run

Duration: 25 minutes

Intensity: Comfortable, conversational pace

Day 2: Rest or Cross-Training

Day 3: Fartlek Run

Warm-up: 5 minutes of brisk walking, followed by dynamic stretches

Run at an easy pace for 5 minutes

Pick up the pace to a comfortably hard effort for 1 minute

Recover with 2 minutes of easy jogging or walking

Repeat the hard effort and recovery pattern 6 times

Cool-down: 5 minutes of slow jogging or walking

Week 3: Adding Intensity

Day 1: Easy Run

Duration: 30 minutes

Intensity: Comfortable, conversational pace

Day 2: Rest or Cross-Training

Day 3: Tempo Run

Warm-up: 5 minutes of brisk walking, followed by dynamic stretches

Run at a comfortably hard pace (about 80-85% effort) for 10 minutes

Recover with 5 minutes of easy jogging or walking

Run at a comfortably hard pace for another 10 minutes

Cool-down: 5 minutes of slow jogging or walking

Week 4: Tapering and Race Preparation

Day 1: Easy Run

Duration: 20 minutes

Intensity: Comfortable, conversational pace

Day 2: Rest or Cross-Training

Day 3: Race Simulation

Warm-up: 5 minutes of brisk walking, followed by dynamic stretches

Run at your goal race pace for 1.5 miles (or 15 minutes, depending on your pace)

Recover with 5 minutes of easy jogging or walking

Run at your goal race pace for another 1.5 miles (or 15 minutes)

Cool-down: 5 minutes of slow jogging or walking

Remember to hydrate well, wear appropriate running shoes, and gradually increase your training volume to prevent injuries. Good luck with your 5k race!

If you have any questions feel free to reach out and contact us! We're here to help you get back to your life.

-Dr. Arturo Elias

Matador Rehab & Performance

13807 Red Maple Wood suite 201E

210-272-7118

Matador.Rehab@gmail.com

www.MatadorRP.com