

# Running Plan Summary

## Plan Overview

A conservative, run-walk-based plan emphasizing strength, mobility, gradual mileage, easy aerobic runs, one controlled interval session, and ample recovery to protect the knee.

## Success Assessment



Moderate chance: goal is achievable with consistent low-impact, gradual progression despite recent knee injury and limited six-week preparation.

## Things to Consider

Prioritize cross-training, slow progression, regular physiotherapy, reduce intensity if pain, and add strength work twice weekly to raise success odds.

## Plan Request Details

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### Running Target

**PLAN START DATE**

May 7, 2025

**RACE TYPE**

5K

**RACE DATE**

June 29, 2025

**TARGET TIME**

22 minutes

### Personal Details

**YEAR OF BIRTH**

1969

**GENDER**

MALE

**HEIGHT**

5.8 ft

**WEIGHT**

189 lbs

**FITNESS LEVEL**

MEDIUM

### Additional Info and Preferences

First race after recent knee injury. Create plan that doesn't introduce significant risk of new injury.

# Training Schedule

Wednesday, 07 May 2025 Easy Run

Run with walk breaks. 25 minutes easy run-walk. Total about 2.5 miles. Keep heart rate conversational and avoid knee pain.

Goal: Build aerobic base gently and test knee tolerance while starting plan safely.

Thursday, 08 May 2025 Strength and Mobility

30 minutes low-impact strength. Bodyweight squats, single-leg balance, hip bridges, calf raises and gentle mobility. Stop if pain increases.

Goal: Enhance supporting muscles and joint stability to reduce knee load and lower injury risk.

Friday, 09 May 2025 Rest

Full rest day. Gentle walking and light stretching only. No running. Ice or contrast if knee feels sore.

Goal: Allow recovery and reduce inflammation. Protect healing while adapting to new training.

Saturday, 10 May 2025 Long Run Walk

60 minutes easy run-walk at conversational pace. Aim for 4.0 to 4.5 miles total. Walk when needed to control pain.

Goal: Build endurance with low impact. Increase time on feet while limiting knee stress.

Sunday, 11 May 2025 Recovery Walk

30 to 40 minutes brisk walk. Keep effort easy. Avoid hills and sharp turns to protect knee.

Goal: Promote recovery and circulation without loading the knee excessively.

Monday, 12 May 2025 Easy Run

30 minutes run-walk. Target 3.0 to 3.5 miles. Keep effort easy and include extra walk breaks if needed.

Goal: Continue aerobic development while monitoring knee response to incremental running.

Tuesday, 13 May 2025 Tempo Build

20 minutes tempo-run in run-walk format. Warm up 10 minutes easy. Then 2 x 8 minutes steady effort with walking breaks. Total 3.5 miles.

Goal: Introduce controlled threshold work to improve race pace comfort without overloading knee.

Wednesday, 14 May 2025 Strength and Mobility

30 minutes. Focus on single-leg exercises, glute work and hip mobility. Finish with 6 x 20 second strides on grass if knee feels good.

Goal: Increase muscular resilience and train running mechanics safely.

Thursday, 15 May 2025 Rest

Full rest. Gentle mobility and icing if needed. Avoid impact activities and prioritize sleep and nutrition.

Goal: Support recovery and adaptation to ensure safe progression toward race goal.

Friday, 16 May 2025 Easy Run

35 minutes easy run-walk. Target 3.5 to 4.0 miles. Emphasize soft surfaces and relaxed cadence.

Goal: Build aerobic capacity with conservative load to protect knee.

Saturday, 17 May 2025 Hills Strength

Short hill repeats on moderate incline. 6 repeats of 30 seconds uphill hard effort with walk back recovery. Total session about 30 minutes.

Goal: Develop strength and running form with low total volume. Avoid steep hills that strain the knee.

Sunday, 18 May 2025 Recovery Walk

30 minutes easy walk. Focus on hip and quad release with light stretching afterward.

Goal: Promote regeneration and maintain mobility without running stress.

Monday, 19 May 2025 Long Run Walk

70 minutes easy run-walk. Aim 4.5 to 5.0 miles. Keep pace conversational and insert walk breaks frequently.

Goal: Increase endurance safely. Longer time on feet simulates race demands while protecting the knee.

Tuesday, 20 May 2025 Easy Run

30 minutes easy run-walk. Target 3.5 miles. Include 6 relaxed strides at the end if knee is fine.

Goal: Maintain aerobic rhythm and practice gentle speed without causing overload.

Wednesday, 21 May 2025 Strength and Mobility

35 minutes. Progressive strength with banded side steps, single-leg Romanian deadlifts, core work and mobility.

Goal: Continue building durable musculature and correct imbalances to reduce re-injury risk.

Thursday, 22 May 2025 Rest

Full rest day. Gentle mobility and optional short walk. No structured exercise.

Goal: Ensure recovery after multiple moderate sessions and protect knee health.

Friday, 23 May 2025 Progression Run

40 minutes run-walk. Start easy then gradually increase pace over final 15 minutes. Total about 4.0 to 4.5 miles.

Goal: Train finishing speed and pacing while keeping load controlled and knee-friendly.

Saturday, 24 May 2025 Intervals Easy

Short controlled intervals. 6 x 2 minutes at 5K effort with 2 minute walk recoveries. Warm up and cool down. Total about 35 minutes.

Goal: Introduce targeted race-pace stimulus without long high-intensity volume.

Sunday, 25 May 2025 Recovery Walk

30 minutes easy walk. Gentle stretching and foam rolling afterward. Monitor knee sensations.

Goal: Active recovery to aid adaptation and reduce stiffness.

Monday, 26 May 2025 Long Run Walk

75 minutes easy run-walk. Aim 5.0 to 5.5 miles. Keep effort low and use extra walking as needed.

Goal: Peak weekly long effort to build endurance while preserving knee through walk breaks.

Tuesday, 27 May 2025 Easy Run

35 minutes easy run-walk. Target 3.5 to 4.0 miles. Focus on relaxed form and soft landing.

Goal: Consolidate aerobic gains and maintain running consistency safely.

Wednesday, 28 May 2025 Strength and Mobility

30 minutes. Light strength maintenance and hip mobility. Include 4 x 20 second strides. Prioritize form over load.

Goal: Maintain strength and neuromuscular control to support running economy and injury prevention.

Thursday, 29 May 2025 Rest

Full rest. Prioritize sleep, hydration and nutrition. Gentle walk if desired. No running.

Goal: Allow recovery before final two weeks of focused training and protect knee.

Friday, 30 May 2025 Easy Run

30 minutes easy run-walk. Keep volume moderate. Target 3.0 to 3.5 miles. Monitor knee for any change.

Goal: Maintain fitness with controlled load and prepare for upcoming sharpening sessions.

Saturday, 31 May 2025 Tempo Run

25 minutes steady tempo run-walk. Warm up 10 minutes. 2 x 10 minutes steady with walking breaks. Total about 3.5 miles.

Goal: Sustain race pace confidence and lactate tolerance while avoiding excessive stress.

Sunday, 01 Jun 2025 Recovery Walk

30 minutes easy walk and mobility routine. Light rolling. No running if knee is sore.

Goal: Support recovery and readiness for the next segment. Conserve energy and protect knee.

Monday, 02 Jun 2025 Progression Run

30 to 35 minutes. Start very easy and finish at near race effort for last 5 minutes. Total about 3.5 miles.

Goal: Practice race pace finishing and maintain fitness. Keep intensity controlled to avoid injury.

Tuesday, 03 Jun 2025 Intervals

Warm up 10 minutes. 6 x 1 minute hard with 2 minutes easy walk or jog between. Cool down 10 minutes. Total about 3.0 miles.

Goal: Improve VO2 and race pace tolerance while controlling knee stress with walk breaks and conservative intensity.

Wednesday, 04 Jun 2025 Easy Run and Strength

30 minutes easy run including 6 x 20 second strides. Follow with 20 minutes light strength and hip mobility. Total about 3.0 miles.

Goal: Maintain aerobic base and rebuild strength to support knee stability and running economy for the race.

Thursday, 05 Jun 2025 Tempo Run

Warm up 10 minutes. 2 x 8 minutes steady tempo with 3 minute walk breaks. Cool down 8 minutes. Total about 3.5 miles.

Goal: Raise lactate threshold while using walk breaks to limit knee load and practice sustaining faster effort.

Friday, 06 Jun 2025 Easy Run

35 minutes easy run-walk. Keep effort conversational. Include mobility afterward. Target about 3.5 to 4.0 miles.

Goal: Active recovery and aerobic consolidation. Protect knee while maintaining consistency and endurance.

Saturday, 07 Jun 2025 Long Run Walk

80 minutes easy run-walk. Use frequent walk breaks. Aim for 5.5 to 6.0 miles. Keep pace relaxed and conservative.

Goal: Build endurance safely with volume while minimizing knee stress by incorporating walk segments.

Sunday, 08 Jun 2025 Recovery Walk

30 minutes gentle walk and mobility. No running if knee feels sore. Light foam rolling after session.

Goal: Promote recovery, reduce fatigue, and protect knee ahead of midweek quality sessions.

Monday, 09 Jun 2025 Intervals

Warm up 10 minutes. 5 x 2 minutes at brisk but controlled effort with 2.5 minute walk recoveries. Cool down 10 minutes. About 3.5 miles.

Goal: Increase sustained speed without oversteering knee. Focus on form and controlled intensity.

Tuesday, 10 Jun 2025 Easy Run and Strength

30 minutes easy run with 6 strides. Follow 20 minutes strength focusing on glutes and hips. Total about 3.0 miles.

Goal: Maintain strength gains and neuromuscular control to reduce injury risk and improve running efficiency.

Wednesday, 11 Jun 2025 Tempo Run

Warm up 10 minutes. 1 x 15 minutes steady tempo with walk breaks as needed. Cool down 10 minutes. Total about 3.5 miles.

Goal: Sharpen race pace sensation while protecting knee through conservative tempo duration and walk breaks.

Thursday, 12 Jun 2025 Easy Run

30 minutes easy run-walk. Gentle pace and focused on relaxed form. Target 3.0 to 3.5 miles.

Goal: Recovery and aerobic maintenance. Prepare body for weekend long effort while minimizing knee load.

Friday, 13 Jun 2025 Long Run Walk

85 minutes easy run-walk. Keep effort comfortable. Aim 6.0 to 6.5 miles. Use additional walking if needed.

Goal: Increase endurance and confidence for 5K demands while preserving knee health with run-walk strategy.

Saturday, 14 Jun 2025 Rest

Full rest day. Prioritize sleep hydration and gentle mobility. Short walk allowed. No running.

Goal: Allow recovery from weekend volume and reduce cumulative load to protect knee and optimize adaptation.

Sunday, 15 Jun 2025 **Fartlek**

Warm up 10 minutes. 20 minutes easy with 6 x 30 second faster efforts and easy jogging between. Cool down 8 minutes. Total about 3.0 miles.  
Goal: Introduce playful speed work to improve turnover and confidence while keeping overall intensity moderate for safety.

Monday, 16 Jun 2025 **Easy Run and Strength**

30 minutes easy run. Include 4 x 20 second strides. 20 minutes focused strength and hip mobility. Total about 3.0 miles.  
Goal: Support muscular balance and maintain running rhythm while minimizing knee strain and injury risk.

Tuesday, 17 Jun 2025 **Intervals**

Warm up 10 minutes. 8 x 45 seconds at near race pace with 90 seconds easy walking recovery. Cool down 10 minutes. Total about 3.5 miles.  
Goal: Develop race pace familiarity and speed endurance with walk recoveries to protect knee.

Wednesday, 18 Jun 2025 **Easy Run**

35 minutes easy run-walk. Keep cadence steady and effort low. Target 3.5 to 4.0 miles.  
Goal: Active recovery and aerobic maintenance. Conserve energy while maintaining fitness and protecting knee.

Thursday, 19 Jun 2025 **Long Run Walk**

70 minutes easy run-walk. Slightly shorter than prior longs. Aim 5.0 to 5.5 miles. Emphasize relaxed pace.  
Goal: Final longer endurance stimulus before beginning taper. Preserve knee with walk breaks and controlled effort.

Friday, 20 Jun 2025 **Recovery Walk**

30 minutes easy walk and mobility work. Light rolling. No running if any knee soreness.  
Goal: Promote recovery and reduce fatigue before the taper while monitoring knee readiness.

Saturday, 21 Jun 2025 **Progression Run**

30 minutes. Start easy then gradually increase pace so final 5 minutes approach race effort. Total about 3.5 miles.  
Goal: Practice finishing strong and race pace feel while maintaining conservative overall load for safety.

Sunday, 22 Jun 2025 **Easy Run and Strength**

25 minutes easy run. Short strength and mobility session 15 minutes. Include 4 light strides. Total about 2.5 to 3.0 miles.  
Goal: Maintain neuromuscular readiness and reduce fatigue heading into taper while protecting knee.

Monday, 23 Jun 2025 **Tempo Short**

Warm up 10 minutes. 10 minutes steady tempo with walk breaks. Cool down 8 minutes. Total about 2.5 to 3.0 miles.  
Goal: Keep tempo stimulus brief and controlled to maintain sharpness without adding fatigue before race week.

Tuesday, 24 Jun 2025 **Easy Run**

25 minutes easy run with relaxed effort. Focus on form. Target about 2.5 to 3.0 miles.  
Goal: Promote recovery and maintain light aerobic fitness. Reduce load as taper continues while protecting knee.

Wednesday, 25 Jun 2025 **Strides and Mobility**

20 minutes easy run plus 6 x 20 second strides. Finish with mobility and light strength. Total about 2.0 to 2.5 miles.  
Goal: Keep legs responsive and confident while minimizing fatigue and safeguarding knee before race week.

Thursday, 26 Jun 2025 **Easy Run**

20 minutes very easy run-walk. Include walking breaks as needed. Total about 1.5 to 2.0 miles.  
Goal: Final easy aerobic maintenance. Prioritize recovery and fresh legs for race simulation sessions.

Friday, 27 Jun 2025 **Rest**

Full rest. Short walk and gentle mobility only. Prioritize sleep hydration and nutrition. No running.  
Goal: Allow complete recovery and supercompensation so legs are fresh and knee is rested for race day.

Saturday, 28 Jun 2025 Pre-Race Shakeout

15 to 20 minutes easy shakeout run with 4 short strides. Keep effort very light. Total about 1.0 to 1.5 miles.

Goal: Loosen legs and reinforce confidence while minimizing fatigue before race day. Keep knee calm and mobile.

Sunday, 29 Jun 2025 Race Day 5K

Warm up 15 minutes easy. Include dynamic drills and 2 short strides. Run 5K aiming for 22 minutes. Post race easy walk and cool down.

Goal: Execute race strategy. Use run-walk if needed. Prioritize smart pacing and protect knee while pursuing target time.