2027 ASICS Credit Union Cherry Blossom 5K Advanced Training Program

Coach Yasmin

WEEK 1 (01/25 – 01/31)

OVERVIEW: The Credit Union Cherry Blossom is pleased to bring you this 5K Advanced Training Program, thanks to the support of ASICS, Gatorade, Wegmans and PR Run & Walk. Are you an experienced runner ready to build mileage over the winter months and PR your 5K time this spring? Then Coach Yasmin's 5k Advanced Training Program is the program for you! Choose this program if you're an advanced runner who averages at least 20-25 miles per week. You'll spend 10 weeks running 4-5 days a week and incorporating several speed work sessions to help you find and refine your race day paces. The workouts are time-based to fit your unique schedule and accommodate your current level of training and mileage.

Join the CUCB Strava Club

Share your training experience: Join the CUCB Strava Club. **New to Strava?** Create a free Strava account and follow the link above to join the club. You'll find our updates in the club's Posts section, where you can comment and ask questions.

Need Assistance or Personalized Guidance? Reach out to Coach Yasmin via email at 5kcoach@cherryblossom.org.

Monday (01/25)

Workout: Key workout #1:

Goal: 2-3 miles easy run

Tip: Welcome to your training program! This plan is based on 4 key workouts a week. The rest of the days are either rest, walking, optional easy running, or cross training. It's okay to listen to your body and move around your key workouts to fit your schedule, but try to keep them evenly spaced throughout the week and try not to miss these workouts week to week. And it's always better to do less than to do nothing at all.

Tuesday (01/26)

Workout: Key workout #2:

Goal: 5-10 minute warm-up jog/run, then 4X400 meters at faster than current 5K pace, then 5-10 minute cool-down jog/run.

Tip: This workout is designed to improve speed. Start the interval at a fast but controlled effort, then increase speed to faster than your 5K goal pace with each interval. Take 30 second walking or slow jogging breaks in between the sprints to recover. If you don't have access to a track, use a smart watch to track 0.25 miles.

Wednesday (01/27)

Workout: Cross-training (20-25 minutes)

Tip: Recommend cross-training (brisk walking, swimming, biking or light weight-lifting). Recommend not starting too many new activities at once (i.e. if you do not normally lift weights, now isn't the time to start lifting heavy). But these days are great for a new mobility or running-specific bodyweight training program, which can help with your running economy and build durability. YouTube is a great resource.

Thursday (01/28)

Workout: Key workout #3:

Goal: 2-3 mile easy run.

Tip: Keep your easy runs easy by running at conversational pace or 60-70% of your maximum heart rate.

A common approach to estimate your maximum age-related heart rate is to subtract your age from 220. For example, for a 40-year-old person, the estimated maximum age-related heart rate would be calculated as 220-40 = 180 beats per minute (bpm). The 65% level would be 180 x 0.65 = 117 bpm. There are also online calculators based on field tests. If you are unsure about what your heart rate training zones should be, send an email to Coach Yasmin at 5kcoach@cherryblossom.org and she will try to help you determine what those ranges should be.

Friday (01/29)

Workout: Rest + Mobility/Stretching or 20-minute easy run

Tip: Rest days are important to let your body recover. You may consider taking a rest day today, if needed or desired.

Saturday (01/30)

Workout: Key workout #4: 30-40 minute easy run

Tip: For this first week, the "long" run will be at conversational pace. Ideally, you should run at a pace that allows you to hold a conversation with someone. We'll work on getting to race day pace as the plan progresses.

Sunday (01/31)

REST

Tip: Find a specialty running shoe store to get properly fitted for a pair of shoes. Experts at PR Run & Walk can help you find a pair that's right for you. They have the latest running shoes and apparel, including ASICS, our official shoe and apparel sponsor. The average modern running shoe lasts for 300-500 miles, so check the treads on the bottom of your shoes to see if it's time for a new pair!

WEEK 2 (02/01 – 02/07)

Overview: One week down – way to go!

Feeling a little sore after last week's workouts? That's normal especially if you're just getting back into running after the holidays. With this plan, expect to run 4-5 days each week.

The most important thing is to listen to your body. You'll also start running tempo runs this week — a little harder and faster than your easy runs, but not at goal 5K pace. A tempo run is usually sustained for a moderate period of time or distance, usually around 15-30 minutes or a specific number of miles. Share your thoughts on your training on the CUCB Strava Club.

Monday (02/01)

Workout: Key Workout #1:

Goal: 2-3 mile easy run

Tip: Monday is a great time to look ahead at the week and plan out when and where you'll complete your runs. Make sure to figure out how you'll fit in key workouts. It's okay to move them around as long as you aim not to do all your key workouts back-to-back to give your body time to rest.

Tuesday (02/02)

Workout: Key workout #2:

Goal: 30-minute Tempo Run

Tip: These are sustained-effort training runs that are typically run at about 80-85% of your maximum heart rate. Start by running 5-10 minutes at a comfortable pace, progress to a faster pace for 10-20 minutes, then bring your heart rate down with an easy run for the last 5-10 minutes. The pace should be challenging yet manageable to help develop and increase your anaerobic (lactate) threshold, as well as increase speed.

Wednesday (02/03)

Workout: Cross-training (20-25 minutes)

Tip: Consider taking a Yoga class to get your body ready for the hard work ahead. Yoga can help increase your flexibility.

Thursday (02/04)

Workout: Rest + Mobility/Stretching or 20-minute easy run

Tip: Make sure that you're hydrating and fueling during your rest days in preparation for your weekend work. Complex carbohydrates will help keep your glycogen stores topped off in anticipation of the work to come.

Friday (02/05)

Workout: Key Workout #3:

Goal: 3-4 mile Tempo Run

Tip: Start by running the first half mile at a comfortable pace to warm-up, progress to 80-85% max heart rate for the next 2-3 miles, then bring your heart rate down for the last half mile running at comfortable pace. Adjust the distances accordingly if you're running a 2-mile tempo run.

Saturday (02/06)

Workout: Key workout #4:

Goal: 30-40 minute easy run

Tip: Intermediate runners may consider running on the lower end of this time range while advanced runners may choose to run the higher range, or go a little longer. Listen to your body and decide what's best for you.

Sunday (02/07)

REST

Tip: Great work this week! Take this day to rest, recover and get your body ready for next week.

WEEK 3 (02/08 – 02/14)

Overview: Welcome to Week 3! Tell us how you're doing by emailing 5kcoach@cherryblossom.org — we would love to hear from you!

Monday (02/08)

Workout: Key Workout #1:

Goal: 2-3 mile easy run

Tip: You're almost 1/4th of the way through your training program! You may start to feel like your easy runs are too easy and that you should be getting faster, but continue to let RPE (Rate of Perceived Exertion) and heart rate dictate your pace on easy runs, and focus on speed in your track workouts.

Tuesday (02/09)

Workout: Key Workout #2:

Goal: 5-10 minute warm-up jog/run, 5X400 meters at faster than 5k pace, 5-10 minute cool-down jog/run.

Tip: This workout is designed to improve speed. Start the interval at a fast but controlled effort, then increase speed to faster than your 5K goal pace with each interval. Take 30 second walking breaks in between the sprints to recover. If you don't have access to a track, use a smart watch to track 0.25 miles.

Wednesday (02/10)

Workout: Cross-training (20-25 minutes)

Tip: You may want to incorporate moderate upper body weights as part of race preparation. Upper body strength can aid your running form and increase muscle strength.

Thursday (02/11)

Workout: Rest + Mobility/Stretching or optional 20-minute easy run

Tip: This is a good day to check in with your body – how does the running volume feel? Depending on your pace and experience level, you may be running more or less volume than you're accustomed to, or doing more or less intensity than you're used to. Reflect on how you're feeling and adjust. Experienced athletes might choose to add to today's 20-minute run to get in a little extra easy volume. Those newly adjusting to higher mileage may choose to rest. Don't let aches and pains cropping up go ignored – address and adjust earlier rather than later.

Friday (02/12)

Workout: Key Workout #3:

Goal: 2-4 mile Tempo Run

Tip: Start by running the first half mile at a comfortable pace, progress to 80-85% max heart rate for the next 2 miles, then bring your heart rate down for the last half mile by running at a comfortable pace. Adjust the distances accordingly to the total distance.

Saturday (02/13)

Workout: Key Workout #4:

Goal: 40-50 minute easy run

Tip: Run with a friend, or running group, if possible, and engage in conversation to maintain an easy pace on today's run. If you need

help finding a running group, you can find a running club in your area at the RRCA website. If running alone, enjoy the scenery but stay alert to your surroundings.

Sunday (02/14)

REST

Tip: You may need more sleep as your body adapts to running. Don't be afraid to tell your friends and family that sleeping is training too! 😳

WEEK 4 (02/15 – 02/21)

OVERVIEW: Hello Week 4! You should start to feel stronger now. If you have been running on the lower end of mileage range, try increasing the distance one day this week. See what some of your fellow runners are doing on our . See what some of your fellow runners are doing on our CUCB Strava Club.

Monday (02/15)

Workout: Key Workout #1:

Goal: 3-4 mile Easy Run

Tip: The days are getting lighter and spring is on the way, but still not quite here! When running early in the morning or at night, wear reflective garments so drivers can see you from afar.

Tuesday (02/16)

Workout: Key Workout #2:

Goal: 35-minute Tempo Run

Tip: Start by running 5-10 minutes at a comfortable pace, progress to a faster pace for 15-25 minutes, then bring your heart rate down with an easy run for the last 5-10 minutes. The pace should be challenging yet manageable to help develop and increase your anaerobic (lactate) threshold, as well as increase speed. Use heart rate to guide your effort.

Wednesday (02/17)

Workout: Cross-training (20-25 minutes)

Tip: It's easy to want to skip the recommended cross-training, but it makes such an impact on your runs that it's worth pushing through.

Thursday (02/18)

Workout: Rest + Mobility/Stretching or 20-minute Easy Run

Tip: If you're not up for the 20-minute run, you might want to go for a brisk walk on your rest day. Follow it up with a few stretches to help keep your joints fluid and ready for the next few days of work.

Friday (02/19)

Workout: Key Workout #4:

Goal: 2-4 mile Tempo Run

Tip: Start by running the first half mile at a comfortable pace, progress to 80-85% max heart rate for the next 2 miles, then bring your heart rate down for the last half mile running at comfortable pace. Adjust the distances accordingly to the total distance.

Saturday (02/20)

Workout: Key Workout #5:

Goal: 40-50 minute Easy Run

Tip: Staying hydrated during training is very important. Consider training with the same drink that will be served on race day by drinking Gatorade, the official sports fuel provider of the Credit Union Cherry Blossom 5K.

Sunday (02/21)

REST DAY

Tip: Rest days are built into the schedule to ensure adequate time for recovery. Find something enjoyable to do that helps you reset for the week ahead.

WEEK 5 (02/22 – 02/28)

OVERVIEW: Halfway there! Look how far you've come. If you've been able to follow the training plan, you're well on your way to a strong finish across the Credit Union Cherry Blossom 5K finish line.

Monday (02/22)

Workout: Key Workout #1:

Goal: 3-4 mile Easy Run

Tip: Halfway through the program is a great time to reflect on how your training has been going. It's okay to miss a workout here and there, but if you miss a day on your running plan, simply pick up where you left off. Cramming or 'making up' runs can often lead to injury. Email Coach Yasmin at 5kcoach@cherryblossom.org if you've had a big training gap to get a recommendation on how to adjust.

Tuesday (02/23)

Workout: Key Workout #2:

Goal: 6x400 meters at faster than current 5K pace (by 5-10 seconds)

Tip: Your intervals should progressively get faster. Don't forget to warm-up and cool-down with a short jog/run.

Wednesday (02/24)

Workout: Cross-training (30-35 minutes)

Tip: Spend some time stretching, doing light upper body weights, Yoga or Pilates.

Thursday (02/25)

Workout: Rest + Mobility/Stretching or optional 20-minute Easy Run

Tip: Days off are important to let your body recover from the hard efforts. Only do the easy run if you're feeling fresh and want to keep the legs moving, or if you're used to higher mileage plans.

Friday (02/26)

Workout: Key Workout #3:

Goal: 4-5 mile Tempo Run

Tip: If your goal is to PR your 5K time, this is a solid point in the program to start building additional mileage. Choose the longer end of the range on these workouts and add in those Friday easy runs if you have the stamina.

Saturday (02/27)

Workout: Key Workout #4:

Goal: 50-60 minute Easy Run

Tip: Finding comfortable apparel is key to running a successful race. ASICS, the official CUCB 5K Sponsor, has a variety of apparel for your running needs. Consider a racing shoe if you are looking for a responsive trainer that will help you reach peak speeds on race day.

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REST DAY

Tip: Make sure you are making good sleep a priority. It will assist your body in the recovery process.

WEEK 6 (03/01 – 03/07)

OVERVIEW: This is a great week to start thinking about your race day routine and order or purchase any gear you'll need. Handheld water bottles, running watches, running clothing, and new shoes are all great potential additions to get you race-day ready. If you're near a PR Run & Walk, they'll be happy to help you find what you need. Connect with other runners on our CUCB Strava Club.

Monday (03/01)

Workout: Key Workout #1:

Goal: 3-4 mile Easy Run

Tip: Continue to work on your flexibility by stretching after training.

Tuesday (03/02)

Workout: Key Workout #2:

Goal: 40-minute Tempo Run

Tip: Tempo runs train the cardiorespiratory system and muscular systems to efficiently absorb, deliver and utilize oxygen. Try to enjoy them!

Wednesday (03/03)

Workout: Cross-training (30-35 minutes)

Tip: Remember to keep cross-training activities light. Don't overexert or introduce too many new activities during your training.

Thursday (03/04)

Workout: Rest or optional 20-minute Easy Run

Tip: Listen to your body - take a rest day, if needed.

Friday (03/05)

Workout: Key Workout #3:

Goal: 4-5 mile Tempo Run

Tip: Heading into the weekend, pick a day to practice your race day routine. Eat what you plan to eat the morning of the race and wear the clothes and shoes you plan to use on race day.

Saturday (03/06)

Workout: Key Workout #4:

Goal: 60-70 minute Easy Run

Tip: Some of the many benefits to long runs include increased endurance, increased aerobic capacity, and getting your body used to working through fatigued muscles. Keep it up!

Sunday (03/07)

REST

Tip: A rest day is a great day to visit your local running store — choose PR Run & Walk if you're in the DMV! Ask questions about footwear, hydration, clothing, and more.

WEEK 7 (03/08 – 03/15)

OVERVIEW: Only a few more weeks to go! Keep an eye out for niggles and potential injuries — it's always okay to pull back a bit in training so that you can arrive at race day without any major issues. Listen to your body!

Monday (03/08)

Workout: Key Workout #1:

Goal: 3-4 mile Easy Run

Tip: This is the first of 3 of your most challenging weeks in the program mileage wise! Make sure you're fueling your workouts appropriately before and after, and staying hydrated.

Tuesday (03/09)

Workout: Key Workout #2:

Goal: 7x400 meters at 5K goal race pace.

Tip: It's time to test out your race legs. Aim to hit each of these 7 intervals at your goal race pace, then check in with how you feel after. Consider adjusting your race pace goals if these intervals feel out of reach, but also make sure to give it your best effort. 5K's are hard and fast, so dig deep! Extra kudos if you decide to take your picture after completing today's workout!

Wednesday (03/10)

Workout: Cross-training (30-35 minutes)

Tip: You've been working hard! Enjoy a day of stretching, light weights, or non-strenuous activity. Cross training is helpful but always optional if you need to rest.

Thursday (03/11)

Workout: Rest or optional 20-minute Easy Run

Tip: You can use this day for extra stretching and foam rolling.

Friday (03/12)

Workout: Key Workout #3:

Goal: 5-6 mile Tempo Run

Tip: This distance is your longest tempo run of the program! You'll do it two more times over the next few weeks, so get used to the burn. It should feel comfortably uncomfortable and challenge your endurance. Practice consistent breathing and dialing in your focus so you stay strong for the full duration.

Saturday (03/13)

Workout: Key Workout #4:

Goal: 60-70 minute Easy Run

Tip: Warm up by slowly jogging, then transition to running at a steady pace for the remainder of the run. Remember to keep your easy runs easy so your system can absorb and adapt to the load.

Sunday (03/14)

Rest Day

Tip: You have a few weeks to go. You may be tired, but watch out for signs of systemic fatigue and dial back the mileage as needed. Overall, your body should start to feel more comfortable as you run more.

WEEK 8 (03/15 – 03/21)

OVERVIEW: Week 8 and feeling great! Use this week to test out your race day strategies of what your actual race day will feel like. Work out all the kinks now so you'll have less to worry about on race day. Check out what others are doing on our CUCB Strava Club.

Monday (03/15)

Workout: Key Workout #1:

Goal: 3-4 mile Easy Run

Tip: Make this run easy. We'll pick up the pace tomorrow.

Tuesday (03/16)

Workout: Key Workout #2:

Goal: 30-minute Tempo Run

Tip: Increase the pace in the middle of this run. Start easy, increase the pace for a few minutes in the middle, then finish at an easy pace. Listen to your body over any recommendation given on a training plan.

Wednesday (03/17)

Workout: Cross-training (30-35 minutes)

Tip: Keep today's cross-training relatively short and easy to prepare for the hard work to come in the next couple of days.

Thursday (03/18)

Workout: Rest or optional 20-minute Easy Run

Tip: It's easy to get in the zone during long runs but always be aware of your surroundings.

Friday (03/19)

Workout: Key Workout #3:

Goal: 5-6 mile Tempo Run

Tip: The long tempo run is back! Check in with how this felt last week and set a goal to make it 1% better than the previous one, whether that's maintaining even pacing, breathing more steadily, or just aiming not to flame out before you're halfway through. It's okay to start slightly slower than tempo pace and progress with each mile.

Saturday (03/20)

Workout: Key Workout #4:

Goal: 70-80 minute Easy Run

Tip: Yes, this is a LONG long run for a 5K plan, but you're here to build your aerobic capacity so that race day feels easy! Warm up by slowly jogging, then transition to running at a steady pace for the remainder of the run. This might seem long relative to race day, but the aerobic base is just what your body needs.

Sunday (03/21)

REST DAY

Tip: Prioritize getting 7-8 hours of sleep, if not more, stretching and staying hydrated with a sports drink such as Gatorade, the official sports fuel provider of the Credit Union Cherry Blossom race.

WEEK 9 (03/22 – 03/28)

OVERVIEW: Only 2 more weeks until race day! Plan ahead for this weekend's longest long run. And if you haven't already done so, check out https://www.cherryblossom.org/race-weekend/ for the race weekend schedule, info on getting to the race, bag check, and more!

Monday (03/22)

Workout: Key Workout #1:

Goal: 3-4 mile Easy Run

Tip: It's peak week baby! There's no more important time to listen to your body and watch out for any niggles or lingering issues. This is the right time to visit a PT or your physician to make sure you're cleared to race smart and safe. Don't ignore pain. Keep your run at conversational pace, even if it's tempting to run a bit faster!

Tuesday (03/23)

Workout: Key Workout #2:

Goal: 5x400 meters at slightly faster than 5K pace (by 5-10 seconds)

Tip: Use this last speed workout to really dial in your race pace and decide what your goal is now that the training is under your belt. Your intervals should progressively get faster. Don't forget to warm-up and cool-down with a short jog/run.

Wednesday (03/24)

Workout: Cross-training (30-35 minutes)

Tip: Use this day for extra stretching and foam rolling as needed.

Thursday (03/25)

Workout: Rest or optional 20-minute easy run

Tip: Prioritize getting 7-8 hours of sleep, if not more, stretching and staying hydrated.

Friday (03/26)

Workout: Key Workout #3:

Goal: 5-6 mile Tempo Run

Tip: Final tempo run! Use this final challenging run to reflect on your progress thus far. Think about the highlights of the training program, refine your race day goals, and come up with mantras to use when things get tough on race day. And make sure to breathe!

Saturday (03/27)

Workout: Key Workout #4:

Goal: 80-90 minute run

Tip: This is your last long run before the race. You may be tempted to run hard, but stay at conversational pace. You are mentally and physically prepared to run the 5K next week!

Sunday (03/28)

REST DAY

Tip: As you come into the last week of training, get as much sleep as you can in case pre-race jitters and excitement creep up the night before the big day.

WEEK 10 (03/29 – 04/104)

OVERVIEW: It's race week! Take pride in the work you did to get here. Cut back on your training, hydrate, and get as much rest as you can to prepare for the big day. Resist the urge to run hard or make up runs you may have missed. The hard work is done; your goal now is to get to the start line healthy.

Monday (03/29)

Workout: Key Workout #1:

Goal: 2-mile Easy Run

Tip: If you are still tired from Saturday's long run, take an extra day off and stretch, or shorten today's run.

Tuesday (03/30)

REST DAY

Tip: Check the forecast for Saturday. Think about what you'll need to wear to prepare for the weather.

Wednesday (03/31)

Workout: Key Workout #2:

Goal: 2-mile Easy Run

Tip: You guessed it! 2 miles of running in the easy zone!

Thursday (04/01)

Workout: Rest or optional 10-15 minute Easy Run

Tip: Figure out your plan (i.e. transportation) to get to the start line. Make a plan with your cheer squad on where you plan to meet after the race.

Friday (04/02)

REST DAY

Tip: Shake off the nerves. Hydrate, sleep early, carb load. Head to the Cherry Blossom website for all the information you need about packet pick up. Visit our Getting to the Race page for maps and details on transportation options to both the Expo and the race start at Freedom Plaza.

Saturday (04/03)

RACE DAY

Tip: Arrive at least an hour prior to the race to leave time for warming up, getting settled in at the starting line, and navigating any congestion on the way to the race site. Good luck and feel confident about the work you've done to get here! Once finished, cool down by going for a walk. Stretch and rehydrate.

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Sunday (04/04)

REST DAY

Tip: Recovery after a race is important! Take the next day or two to recover your muscles. Reflect on your training and make notes for future races on what went well and what you can improve. Go for a walk to get over the soreness. Email any feedback to Yasmin at 5kcoach@cherryblossom.org. Thank you for trusting me to guide you on this journey!