

# How should I train for a 5k the day...

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[Schweersgirl](#) 60 posts since

May 14, 2008

I am running a ten miler next Saturday, and I just ran one this past Sunday at the Annapolis 10 miler. My question is, I want to do really well at the 5k, but I also want to improve my time at the Dewey Beach 10 miler the day before. How should I be training for the 5k? I have to keep up my milage for the 10 miler, but I want to do speed work for my 5k, and not sure of a good program the rest of this week and next week?



[triguy333](#) 42 posts since

Jul 18, 2007 1. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 6:35 AM

The true question is why are you trying to focus on 2 races in the same weekend? I have done it before so it is possible.

The #1 thing you need to do is to try to recover your body as much as you can immediately after the 10 miler. Within 30 minutes of finishing you need to get good carbohydrates and proteins in (banana, bagels, fruits) and recovery drink if you do that. If you want the best results for the day after I would tell you to go home and soak in an ice bath for about 15 minutes(yes an ice bath). This will help to speed recovery in your legs and limit muscle damage on your legs after the 10 miler.

The evening before the 5k I would say to eat something high in omega 3 fatty acids (fish, salmon etc) to help reduce soreness in your legs.

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Now on to how to properly speed train for both the 10 miler and the 5k. I would actually tell one of my athletes to focus more on the 10 miler and the speed work for that race 5 or 6 mile interval workouts etc because this will show you better results on the shorter distance event. If you are training at threshold or near threshold for the long distance, going the shorter distance will be easier.


Example of a good longer speed workout helping both is a 6 mile run broken down 2 miles easy, 3 miles @ short tempo pace 15 seconds per mile above 5k pace (uncomfortable but not unbearable) and 1 mile easy to cool down. Another option 2 mile easy 800meter repeats on 1 minute rest for 3 mile, 1 mile mid tempo pace 10k pace and 2 miles easy

Hope that helps, good luck



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May 14, 2008 2. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 6:57 AM

 in response to: [triguy333](#)

Thank you so much for the advice! Should I do that tempo run maybe next Wednesday, and then rest on Thursday and Friday with my 10 miler on Saturday? Or maybe do the tempo run next Tuesday, followed by an easy 4-5 miles on Wednesday?

The main reason I am doing both races, is that the 5k is the Police Pace 5k and my step son is in the police academy so I will be running with him! This will be our first race together, so I cannot let him down! And the 10 miler, well, that is more of a personal goal that I want to improve my 10 miler time compared to my slower 10 miler I ran this past weekend. And the

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next 10 miler that I see is the Army 10 miler in October, but I am doing the Salisbury 64 mile Seagull bike ride the next day, so I don't want to run that much the day before that bike ride.

So I really did not want to wait that long to run another 10 miler! But I do appreciate the nutrition advice as well, I recovered pretty quickly after this past race, and I did eat within 30 minutes with a banana and chocolate milk. Then about an hour (after my long ride home) I had my egg whites, oatmeal, and natural peanut butter (yummy!!!)



[triguy333](#) 42 posts since

Jul 18, 2007 3. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 8:03 AM

 in response to: [Schweersgirl](#)

I don't know your background but I would say most people need a few days to recover after speed workouts, so I would say tuesday would be better with the workout and a tempo run at 10 mile pace plus about 15 to 20 seconds on thursday.

Great cause you are running for and that is the most important thing

Have fun!

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May 14, 2008 4. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 8:18 AM

in response to: [triguy333](#)

Thanks for the suggestion, and I will do my speed workout on Tuesday. Usually I do need at least one day after my speed workouts, and then I use an easy run the following day to try to "run through" my sore legs. And I cannot wait for the 5k, I know that I will not be able to beat him, but I will do my best to not be too far behind:)

Another question if you don't mind, I don't know if it was just me or not this past weekend, but it seemed like I was the only one who took a gel during the race. I don't know if it is psychological or not, but I need carbs even during that distance it seems??



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May 14, 2008 5. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 8:20 AM

in response to: [triguy333](#)

By the way, I LOVE salmon and the day before every race I have ever done, I eat salmon sushi rolls!!



[triguy333](#) 42 posts since

Jul 18, 2007 6. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 8:39 AM

in response to: [Schweersgirl](#)

You are lucky I work in front of a computer. ha

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Have you tried taking the gel packet before the race (35 to 40 minutes before)? It is not common for people to take a packet during a 5k race. Can you take one during your race if it helps your performance for the better? ABSOLUTELY Everyone is built different and females most of the times have more special needs than men(sorry but true) Your body should have more than enough energy (carbs) to work off of during the race. I think this is leaning more towards a mental thing for you.


You could also try some gatorade high endurance formula right before the event to give you that extra kick during the race and then some water at the aid station during the event.

Sounds like I need to start convincing you to swim and start doing some triathlons now with all this running and biking. I am a tri coach



[Schweersgirl](#) 60 posts since

May 14, 2008 7. **Re: How should I train for a 5k the day after a 10miler??** Aug 28, 2008 8:56 AM

 in response to: [triguy333](#)

I know, I apologize for my speedy email replies and many questions: ) I work in front of a computer as well!! And it is so weird you mentioned that, I have been wanting to do a triathlon ever since my last marathon, and I am just scared of the swimming part. I can swim, but I do not know the "proper" technique of swimming. Plus I cannot go underwater, bad ears:( But if I can still do it and not have to swim under water, then I would do it!! I am all about challenges and competing, I just don't know how to go about training for one.

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Where are you located? Do you coach via internet or in person?

And thanks for the advice again, I only meant I needed a gel during my 10 mile race, and I don't eat anything or drink anything during a 5k. I do eat a gel about 15 minutes before any race I do though. And I agree, especially on my part, that fueling my body and how I think my body will react during a race is very psychological. But I can definitely sense when I need carbs too.