

TRAINING FOR THE 5,000M

LINH NGUYEN – TOLEDO

- **PERIODIZATION**
- **ENERGY CONTRIBUTIONS TO THE 5K**
- **VOLUME**
- **TRAINING PACES**
- **LONG RUN**
- **STEADY STATE**
- **VO2 MAX**
- **HILLS AND FARTLEK**
- **MIZED ZONE WORKOUTS**
- **SAMPLE TRAINING PLANS**