



5K Training Plan 3 days/week for 8 weeks



Prepare for your training by building on your base level of fitness: First, buy great-fitting running shoes. Then, start walking, jogging, or running 20-60 minutes at least 3 days per week. Next, find ways you can cross-train (see Legend below for examples).

The best way to 'stick with it' is to find a partner, running club, or a team of 10 to train with! Warm up before your run with dynamic exercises and be sure to stretch afterwards.

Happy Training - and have a great race!

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Miles
1	Rest	0.5 Mile Run/Walk	20 min Strength/Core	Rest	0.5 Mile Run/Walk	Rest	1 Mile LSD	2
2	Rest	1 Mile Neg Splits	20 min Strength/Core	Rest	1 Mile Run/Walk	Rest	1 Miles LSD	3
3	Rest	1 Miles Run/Walk	20 min Strength/Core	1 Mile Hills	XT-20 mins or Rest	Rest/Massage	2 Miles LSD	4
4	Rest	1.5 Miles Neg Splits	30 min Strength/Core	1.5 Miles Run/Walk	XT-20 mins or Rest	Rest	2 Miles LSD	5
5	Rest	2 Miles Run/Walk	30 min Strength/Core	1.5 Miles Hills	XT-25 mins or Rest	Rest	2.5 Miles LSD	6
6	Rest	2 Miles Neg Splits	30 min Strength/Core	2 Miles Tempo	XT-30 mins or Rest	Rest/Massage	3 Miles LSD	7
7	Rest	3 Miles Run/Walk	30 min Strength/Core	2 Miles Run/Walk	XT-30 mins or Rest	Rest	3 Miles LSD	8
8	Rest	2 Miles Easy	Rest	2 Miles Easy	XT-30 mins or Rest	Rest	Rest	4
<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">Goal</div> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">Screen to 5K</div> </div>								3.1

Legend

Run/Walk Whether you run or walk, emphasize good form and accomplishment of the distance, not as much on pace.

XT Cross-training can be biking, elliptical, rowing, swimming, stairs, yoga, pilates, plyometrics - anything EXCEPT running.

Strength Variable resistance machines, free or fixed weights, resistance bands, dumbbells, Bosu balls, etc.

Core Exercises designed to work the abdominal and lower back muscles like sit-ups, planks, yoga or pilates.

Tempo Run 30-45 seconds faster per mile than your race pace goal.

Neg Splits Run the 2nd half of the mileage faster than the first half to improve strength, edurance and speed for your final kick.

Massage Full head-to-toe massage.

LSD Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, as needed.

Back-down Mileage sometimes decreases from the previous week to allow time for adequate recovery.

Hills Choose a route that has some hills to increase your stamina and speed.