



**5K
TRAINING PROGRAM**

HOW TO USE THIS TRAINING PROGRAM

This 8-week program is designed to help you prepare for your race in a clear, sustainable, and realistic way. The goal is not perfection – the goal is consistency, health, and confidence on race day.

CHOOSING YOUR LEVEL

Beginner (No Time Goal)

New to running or returning after time away. Focus is completion and consistency.

Intermediate (Pace Guide used)

Running regularly (3–4 days/week). Comfortable with light structure and pacing guidance.

Advanced (Pace Guide Used)

Experienced runner with prior races. Comfortable with structured workouts and pace intent. When in doubt, choose the easier level. Staying healthy matters more than training harder.

WEEKLY STRUCTURE

Each week is laid out Monday–Sunday.

- Beginner: 3–4 run days
- Intermediate: 4 run days
- Advanced: 5 run days (Additional Easy Run if volume is sustained)



RUN TYPES (KEEP IT SIMPLE)

Easy Run: Comfortable, conversational pace.

Interval / Threshold Run: Controlled effort with purpose. Challenging, but not all-out.

Long Run: Slower than race pace. Focus on time on feet.

Optional Run: Extra mileage only if you feel good

Rest / Off: No running. Recovery supports progress.

USING THE PACE GUIDE

Each program includes a pace reference page. Consistency beats precision.

- Use paces as guidelines, not rules
- Beginner runners should prioritize effort over numbers
- Adjust for fatigue, weather, and terrain
- Missing a run is not a problem, Do not try to “make up” missed sessions

This program is a guide. Listen to your body, stay consistent, and focus on progress over perfection



PACE GUIDE

First Ever 5k

Reference Before Each Run

10k Goal: Finish

Training Paces (Simple, Effort-based)

Easy (E): Conversational (RPE 3/ 10)

Threshold (T): Shorter efforts (RPE 6/10)

Race Pace: 7-8/10

Interval Pace (IP): 8-9/10

Run/Walk: Always allowed/Encouraged

RPE = Rate of Perceived Effort

Sub 28 minute 5k

~9:00/MI

Reference Before Each Run

5k Goal Pace: 9:05/mi

Easy (E): 10:00–11:00/mi

Threshold (T): ~9:15–9:30/mi

5K Pace: ~ 9:00 - 9:05/mi

Interval (I): ~8:20–8:30/mi

Sub 25 minute 5k

~8:00/mi

Reference Before Each Run

5k Goal Pace: 8:00 / mile

Easy (E): 9:15–10:00 / mi

Threshold (T): ~8:20 - 8:40 / mi

5K Pace: ~ 8:00 - 8:05/mi

Interval (I): ~7:25 / mi



FEBRUARY 16

5K WEEK 1

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OFF / Mobility	Threshold Intervals <ul style="list-style-type: none">• 1 mi easy warm-up• 3 × 4 min @ Threshold• 2 min jog between• 1-2 mi cool-down	Easy Run <ul style="list-style-type: none">• 25 - 35 minutes @ Easy pace	OFF or Cross-Train
FRIDAY	SATURDAY	SUNDAY	NOTES
Easy + Strides <ul style="list-style-type: none">• 2 mi easy• 6 × 1 minute @ Interval Pace	OFF or Cross-Train	Long Run <ul style="list-style-type: none">• 35-40 minutes @ Easy Pace	Weekly Mileage 10 - 12 Miles

FEBRUARY 23

5K
WEEK 2

2026

MONDAY

OFF /
Mobility

TUESDAY

Threshold Intervals

- 1 mi easy warm-up
- 2 × 6 min @ **Threshold**
- 2 min jog between
- 1 mi cool-down

WEDNESDAY

Easy Run

- 30 – 40 minutes @
Easy pace

THURSDAY

OFF
or
Cross-Train

FRIDAY

Easy + Strides

- 2 mi **easy**
- 6 × 200M @
Interval Pace

SATURDAY

OFF
or
Cross-Train

SUNDAY

Long Run

- 40 min **easy**

NOTES

Weekly Mileage
12 - 14 Miles

MARCH 2

5K
WEEK 3

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OFF / Mobility	Threshold Progression <ul style="list-style-type: none">• 2 mi easy warm-up• 10 Min <i>Easy → @ Threshold</i> <ul style="list-style-type: none">• 1-2 mi cool-down	Easy Run <ul style="list-style-type: none">• 30 - 40 minutes <i>@ Easy pace</i>	OFF or Cross-Train
FRIDAY	SATURDAY	SUNDAY	NOTES
Intervals <ul style="list-style-type: none">• 1 mi warm-up• 4 × 600m @ <i>Interval pace</i> <ul style="list-style-type: none">• 2:00 jog between• 1 mi Cool-down	OFF or Cross-Train	Long Run <ul style="list-style-type: none">• 40 min <i>@ Easy pace</i>	Weekly Mileage 14 - 16 Miles

MARCH 9

5K
WEEK 4

2026

MONDAY

OFF /
Mobility

TUESDAY

Threshold Intervals

- 1 mi easy warm-up
- 3 x 6 min @ **Threshold**
- 2:00 jog between
- 1-2 mi cool-down

WEDNESDAY

Easy Run

- 30 - 40 minutes @
Easy pace

THURSDAY

OFF
or
Cross-Train

FRIDAY

Intervals

- 2 mi warm-up
- 4 x 800m @
Interval pace
- 2:00 jog between
- Cool-down

SATURDAY

OFF
or
Cross-Train

SUNDAY

Long Run

- 45-50 min **Easy**
- **Last 10 Minutes at
Race Pace**

NOTES

Weekly Mileage
16 - 18 Miles

MARCH 16

5K WEEK 5

2026

MONDAY

OFF /
Mobility

TUESDAY

Threshold Intervals

- 1 mi easy warm-up
- 2 x 8 Min @ **Threshold**
- 1-2 mi cool-down

WEDNESDAY

Easy Run

- 30 - 40 Minute @
Easy pace
+ 4 Strides

THURSDAY

OFF
or
Cross-Train

FRIDAY

Goal Pace Run

- 1 mi warm-up
- 1.5 mi @ **5K Race Pace**
- 1 mi cool down

SATURDAY

OFF
or
Cross-Train

SUNDAY

Long Run

- 50 minute
@ **Easy Pace**

NOTES

Weekly Mileage
16 - 18 Miles

MARCH 23

5K WEEK 6

2026

MONDAY

OFF /
Mobility

TUESDAY

Threshold Intervals

- 2 mi easy warm-up
- 2 x 10 min @ **Threshold**
- 3 min jog between
- 1-2 mi cool-down

WEDNESDAY

Easy Run

- 40 minutes @ **Easy pace**

THURSDAY

OFF
or
Cross-Train

FRIDAY

Intervals

- 1 mi warm-up
- 6 x 400m @ **Interval pace**
- 1:00 jog between
- 1 mi Cool-down

SATURDAY

OFF
or
Cross-Train

SUNDAY

Long Run

- 50 minutes @ **Easy Pace**
- Last 10 min @ **5K pace**

NOTES

Weekly Mileage
16 - 18 Miles

MARCH 30

5K WEEK 7

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OFF / Mobility	Threshold Intervals <ul style="list-style-type: none">• 2 mi easy warm-up• 15 min @ Threshold• 3 min jog between• 1-2 mi cool-down	Easy Run <ul style="list-style-type: none">• 50 - 60 minutes @ Easy pace	OFF or Cross-Train
FRIDAY	SATURDAY	SUNDAY	NOTES
5K Pace Intervals <ul style="list-style-type: none">• 1 mi warm-up• 4 x 1000m @ 5K Pace• 3-4 min recovery	OFF or Cross-Train	Long Run <ul style="list-style-type: none">• 60 minutes @ Easy Pace	Weekly Mileage 18 - 20 Miles

APRIL 6 (SHARP)

5K
WEEK 8

2026

MONDAY

OFF /
Mobility

TUESDAY

Threshold Intervals

- 1 mi easy warm-up
- 10 min @ **Threshold**
- 1-2 mi cool-down

WEDNESDAY

Easy Run

- 40 - 50 minutes
@ **Easy pace**

THURSDAY

OFF
or
Cross-Train

FRIDAY

Easy + Strides

- 2 mi **Easy**
- 6 x 800m
@ **Interval Pace**
- 2 min jog between
- 1-2 mi cool-down

SATURDAY

OFF
or
Cross-Train

SUNDAY

Long Run

- 60 minutes
@ **Easy Pace**
Last 10 min @ **5K pace**

NOTES

Weekly Mileage
18 - 20 Miles

APRIL 13 (TAPER)

5K
WEEK 9

2026

MONDAY

OFF /
Mobility

TUESDAY

Threshold Intervals

- 1 mi easy warm-up
- 1 × 8 min @ **Threshold**
- 1–2 mi cool-down

WEDNESDAY

Easy Run

- 30 min @ **Easy pace**

THURSDAY

OFF

FRIDAY

Easy + Strides

- 20 min **Easy**
- 4 × 20 sec relaxed strides

SATURDAY

OFF

SUNDAY

STAMFORD
5K/10K
Half Marathon

NOTES

- RACE DAY – 5K**
- Start controlled (5K Training Pace)

STRENGTH & MOBILITY GUIDELINES FOR RUNNERS

Strength and mobility work are included to help runners:

- Reduce injury risk
- Improve running efficiency
- Maintain consistency throughout the program

HOW OFTEN:

- 2x per week minimum
- Sessions can be 10–25 minutes
- Performed on easy days or after short runs

KEY FOCUS AREAS:

- Hips & glutes
- Hamstrings
- Calves & Achilles
- Trunk (core)
- Ankle & foot control

SIMPLE STRENGTH STRUCTURE:

Choose one lower-body strength day and one stability/mobility day each week.

Strength Examples:

Split squats - Step-ups - Romanian deadlifts - Hip thrusts -calf raises (straight + bent knee)

Stability & Mobility Examples:

Single-leg balance - Side planks / dead bugs - Hip mobility drills - Ankle mobility

Light plyometrics (optional for advanced runners)

IMPORTANT GUIDELINES:

Avoid heavy lifting within 24 hours of long runs

Mild soreness is acceptable; joint pain is not

Reduce volume during peak training weeks if fatigue accumulates

Quality > quantity



EVOLVE
PHYSICAL THERAPY & WELLNESS

THIS PROGRAM IS FOR YOU IF:

- You can currently run at least 30 minutes continuously without pain
- You are running or moving 2–4 days per week
- You want structure without overcomplication
- You value long-term progress over short-term intensity
- You are willing to listen to your body and adjust when needed

This plan is appropriate for:

- First-time half marathon runners
- Runners returning after time away (with a base established)
- Experienced runners seeking a simple, effective build
- Athletes training alongside work, family, and life demands

THIS PROGRAM MAY NOT BE APPROPRIATE IF:

- You are currently experiencing sharp, worsening, or persistent pain
- You are returning from a recent injury or flare-up
- You cannot yet tolerate continuous running
- You are unsure how to distinguish discomfort vs. injury

If any of the above apply, we strongly recommend a run assessment with a clinician before beginning.

IMPORTANT REMINDER:

- This program is a guide — not a test.
- Missing a run does not mean failure.

Staying healthy always matters more than training harder.

