

# Dragon Dash 2026

## 8-Week 5K Training Guide



This plan is designed for individuals who are generally active but new to structured run training, with the goal of completing a 5K.

### WEEK 1

Day 1: Run or run/walk – 20 minutes (comfortable pace)  
Day 2: Resistance Training  
Day 3: Run or run/walk – 25 minutes (comfortable pace)  
Day 4: Core & Mobility + 30 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run or run/walk – 30 minutes (comfortable pace)  
Day 7: Rest

### WEEK 2

Day 1: Run or run/walk – 30 minutes (comfortable pace)  
Day 2: Resistance Training  
Day 3: Run or run/walk – 35 minutes (comfortable pace)  
Day 4: Core & Mobility + 30 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run or run/walk – 35 minutes (comfortable pace)  
Day 7: Rest

### WEEK 3

Day 1: Run or run/walk – 30 minutes (comfortable pace)  
Day 2: Resistance Training  
Day 3: Run - 30 minutes

- 5 minutes easy
- 10 minutes moderate pace (continuous running if possible)
- 5 minutes easy
- 5 minutes moderate pace (continuous running if possible)
- 5 minutes easy cooldown

Day 4: Core & Mobility + 45 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run or run/walk – 40 minutes (comfortable pace)  
Day 7: Rest

### WEEK 4

Day 1: Run – 20 minutes (comfortable pace, continuous if possible)  
Day 2: Resistance Training  
Day 3: Run or run/walk – 45 minutes (comfortable pace)  
Day 4: Core & Mobility + 30–45 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run – 30 minutes

- 10 minutes easy
- 10 minutes moderate
- 5 minutes comfortably hard
- 5 minutes easy

Day 7: Rest

### Pacing Guide

- *Easy*: Very relaxed effort
- *Comfortable*: You can talk in full sentences
- *Moderate*: You can speak in short phrases
- *Comfortably Hard*: Challenging but controlled; conversation is difficult
- *Strong Effort*: Breathing is heavy, conversation is very limited, but not a sprint

### WEEK 5

Day 1: Run – 30 minutes (comfortable pace, continuous if possible)  
Day 2: Resistance Training  
Day 3: Run – 45 minutes

- 15 minutes easy
- 15 minutes moderate
- 15 minutes easy (walk breaks okay)

Day 4: Core & Mobility + 30–45 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run – 45 minutes (comfortable pace, minimize walking)  
Day 7: Rest

### WEEK 6

Day 1: Run – 30 minutes

- 5-minute warmup
- 2 minutes strong effort / 2 minutes easy (repeat 5 times)
- 5-minute cooldown

Day 2: Resistance Training  
Day 3: Run – 40 minutes (comfortable pace)  
Day 4: Core & Mobility + 30–45 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run – 50 minutes (comfortable pace, minimize walking)  
Day 7: Rest

### WEEK 7

Day 1: Run – 35 minutes

- 5-minute warmup
- 3 minutes strong effort / 2 minutes easy (repeat 5 times)
- 5-minute cooldown

Day 2: Resistance Training  
Day 3: Run – 40 minutes (comfortable pace)  
Day 4: Core & Mobility + 30–45 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Run – 45 minutes (comfortable pace, minimize walking)  
Day 7: Rest

### WEEK 8 (RACE WEEK)

Day 1: Run – 20–30 minutes (comfortable pace)  
Day 2: Resistance Training  
Day 3: Run – 15–20 minutes easy + 4–5 short pickups (20–30 seconds slightly faster, full recovery)  
Day 4: Core & Mobility + 30–45 minutes low-impact cardio  
Day 5: Resistance Training  
Day 6: Rest  
Day 7: DRAGON DASH 5K

### Notes

- It's okay to walk when needed—especially early on
- Consistency matters more than pace
- If a week feels too challenging, repeat it before progressing
- Low-impact cardio can be swimming, biking, elliptical, hiking, etcetera.
- For resistance training, aim for at least 20-minutes, selecting 3-5 exercises that challenge all major muscle groups.