



OMEGA Sports 5K 8 Week Training Program

Week	 M	 T	 W	 T	 F	 S	 S
1	2 M Easy	4 x 400m	Cross Train	3 M Easy	Rest	4 M LR	Cross Train
1	1-2 M Easy	4 x 400m	Cross Train	2 M Easy	Rest	2 M Easy	Cross Train
2	2 M Easy	3 x 600m	Cross Train	2 M Easy	Rest	2 M Easy	Cross Train
3	2 M Easy	2 x 800m	Cross Train	2 M Hills	Rest	3 M Easy	Cross Train
4	2 M Easy	6 x 400m	Cross Train	2 M Easy	Rest	3 M Easy	Cross Train
5	2 M Easy	4 x 600m	Cross Train	2 M Easy	Rest	4 M Easy	Cross Train
6	3 M Easy	3 x 800m	Cross Train	2 M Hills	Rest	4 M Easy	Cross Train
7	2 M Easy	1 x 1M Rpt	Cross Train	2 M Easy	Rest	3 M Easy	Cross Train
8	2 M Easy	1 x 2M Rpt	Rest	2 M Easy	Rest	Race Day!	Celebrate!

*All Tuesday Track Workouts should include a 1 mile slow warmup and 1 mile slow cooldown.

Easy = Conversational pace...should be able to hold a conversation and not be winded.

400's = 1 Lap on Track (.25/mile)

600's = 1.5 Laps on Track (.375/mile)

800's = 2 Laps on Track (.5/mile)

1 M RP = 1 Mile Repeat (4 laps) at race pace goal.

2 M RP = 2 Mile Repeat (8 laps) at race pace goal.