



2025 LMCU BRIDGE RUN BEGINNER 5K TRAINING PLAN








Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

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WEEK

1








AUG 4 - 10

MON 8/4	TUE 8/5	WED 8/6	THURS 8/7	FRI 8/8	SAT 8/9	SUN 8/10
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
						
1) Walk 32 Minutes	1) 4 x Run 6:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 34 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 6 x Run 6:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

2








AUG 11 - 17

MON 8/11	TUE 8/12	WED 8/13	THURS 8/14	FRI 8/15	SAT 8/16	SUN 8/17
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
						
1) Walk 34 Minutes	1) 3 x Run 8:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 36 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 4 x Run 8:00/Walk 2:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest





WEEK

3




AUG 18 - 24




MON 8/18	TUES 8/19	WED 8/20	THURS 8/21	FRI 8/22	SAT 8/23	SUN 8/24
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
						
1) Walk 36 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 38 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 3 x Run 12:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest


INTENSITY OF LOAD

	= REST
	= EASY
	= MEDIUM
	= HIGH

ICON LEGEND

	= CROSS TRAIN
	= EASY RUN
	= HILL SPRINT

	= LONG RUN
	= LONG RUN + FAST FINISH
	= RACE

	= REST
	= S&M
	= SPEED WORK



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WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



***Find Consistency
Amidst Chaos***



RunGR.com



RunGR App

Questions? Comments? Please contact us RunGRInfo@gmail.com

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WEEK 4

AUG 25 - 31

MON 8/25	TUE 8/26	WED 8/27	THURS 8/28	FRI 8/29	SAT 8/30	SUN 8/31
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	WALK + RUN	CROSS TRAIN
1) Walk 38 Minutes	1) 3 x Run 10:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 40 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 3 x Run 12:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 5

SEPT 1 - 7

MON 9/1	TUE 9/2	WED 9/3	THURS 9/4	FRI 9/5	SAT 9/6	SUN 9/7
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	RUN	CROSS TRAIN
1) Walk 40 Minutes	1) 2 x Run 15:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 36 Minutes	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) 1 x Run 20:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 6

SEPT 8 - 14

MON 9/8	TUES 9/9	WED 9/10	THURS 9/11	FRI 9/12	SAT 9/13	SUN 9/14
WALK	WALK + RUN	CROSS TRAIN	WALK	CROSS TRAIN	RUN	RACE DAY
1) Walk 30 Minutes	1) 2 x Run 12:00/Walk 1:00	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Walk 24 Minutes	Rest Day	1) 1 x Run 10:00	BRIDGE RUN 5K

INTENSITY OF LOAD

	= REST
	= EASY
	= MEDIUM
	= HIGH

ICON LEGEND

	= CROSS TRAIN		= LONG RUN		= REST
	= EASY RUN		= LONG RUN + FAST FINISH		= S&M
	= HILL SPRINT		= RACE		= SPEED WORK



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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



***Change is inevitable,
growth is optional...***



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