



Beginner 5K Training Plan



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 min. jog 1 min. walk Repeat x8	REST	2 min. jog 1 min. walk Repeat x8	REST	REST	2 min. jog 1 min. walk Repeat x8	REST
2	3 min. jog 1 min. walk Repeat x7	REST	3 min. jog 1 min. walk Repeat x7	REST	REST	3 min. jog 3 min. walk Repeat x7	REST
3	5 min. jog 1 min. walk Repeat x5	REST	5 min. jog 1 min. jog Repeat x5	REST	REST	5 min. jog 1 min. walk Repeat x5	REST
4	7 min. jog 1 min. walk Repeat x4	REST	7 min. jog 1 min. walk Repeat x4	REST	REST	7 min. jog 1 min. walk Repeat x4	REST
5	10 min. jog 1 min. walk Repeat x3	REST	10 min. jog 1 min. walk Repeat x3	REST	REST	15 min. jog 1 min. walk Repeat x2	REST
6	15 min. jog 1 min. walk Repeat x2	REST	15 min. jog 1 min. walk Repeat x2	REST	REST	20 min. jog	REST
7	25 min. jog	REST	25 min. jog	REST	REST	30 min. jog	REST
8	30 min. jog	REST	30 min. jog	REST	REST	35 min. jog	REST
9	25 min. jog	REST	20 min. jog	10 min. jog	REST	REST	RACE DAY!

**Runs should begin with dynamic stretching and a short walk to warm-up.*

**Runs should conclude with static stretching.*



Intermediate 5K Training Plan



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Cross-train or Rest	2 mile run	6 x 400	3 mile run	REST	4 mile run	30 min. easy
2	Cross-train or Rest	2 mile run	30 min. progression	3 mile run	REST	4 mile run	30 min. easy
3	Cross-train or Rest	2 mile run	7 x 400	3 mile run	REST	5 mile steady state	30 min. easy
4	Cross-train or Rest	3 mile run	35 min. progression	3 mile run	REST	5 mile run	30 min. easy
5	Cross-train or Rest	3 mile run	8 x 400	3 mile run	REST	6 mile steady state	30 min. easy
6	Cross-train or Rest	3 mile run	40 min. progression	3 mile run	REST	7 mile run	30 min. easy
7	Cross-train or Rest	3 mile run	8 x 400	3 mile run	REST	6 mile steady state	30 min. easy
8	Cross-train or Rest	3 mile run	30 min easy	2 mile run	REST	REST	RACE DAY!

**Runs should begin with dynamic stretching and a short walk to warm-up.*

**Runs should conclude with static stretching.*