

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Train or Off	3 Miles Easy Run	5 Miles After Run Strides	3 Miles	Cross Train or Off	3 Miles Easy Run After Run Strides	Long Run 6 Miles
2	Cross Train or Off	3 Miles Easy Run	5 Miles After Run Strides	3 Miles	Cross Train or Off	3 Miles Easy Run After Run Strides	Long Run 6 Miles
3	Cross Train or Off	3 Miles Easy Run	6 Miles After Run Strides	4 Miles	Cross Train or Off	3 Miles Easy Run After Run Strides	Long Run 7 Miles
4	Cross Train or Off	4 Miles Easy Run	6 Miles After Run Strides	4 Miles	Cross Train or Off	3 Miles Easy Run After Run Strides	Long Run 7 Miles
5	Cross Train or Off	4 Miles Easy Run After Run Strides	2 Miles WU & CD 3 Miles of 1 Min at 5k Effort 2 Min Easy Effort	5 Miles	3 Miles or Cross Train	3 Miles Easy Run After Run Strides	Long Run 8 Miles
6	Cross Train or Off	5 Miles Easy Run After Run Strides	2 Miles WU & CD 3 Miles of 2 Min at 5k Effort 1:30 at Easy	5 Miles	3 Miles or Cross Train	3 Miles Easy Run After Run Strides	Long Run 8 Miles
7	Cross Train or Off	5 Miles Easy Run After Run Strides	2 Miles WU & CD 3 Miles of 1 Min at 5k Effort 1 Min Easy	5 Miles	3 Miles or Cross Train	3 Miles Easy Run After Run Strides	Long Run 9 Miles
8	Cross Train or Off	5 Miles Easy Run After Run Strides	2 Miles WU & CD 3 Miles of 2 Min at 5k Effort 1 Min Easy	6 Miles	3 Miles or Cross Train	3 Miles Easy Run After Run Strides	Long Run 9 Miles

*Cross Train - Is anything that is not running. Biking, Hiking, Yoga etc. 30 Minutes to 60 Minutes in duration. This doesn't include strength or core work that you do.

*Easy Run - This should be run at 1:30 to 2:00 minutes slower than your goal 5k pace. Example: Goal 5k pace = 7:00 Easy Run = 8:30-9:00 per mile

*Run where no effort or pace is suggested. These runs should be 1:00-1:30 slower than your 5k pace. Example: Goal 5k pace = 7:00 Run = 8:00-8:30

*Long Runs should start as an easy pace and progress as the run goes along.

*Strides are 4-6x100 meters at a pace that is between Mile and 5k pace. Take 100 walk/slow jog recovery

* Effort WO's - 5k Effort - is the effort you think you could hold for a flat 5k at that time. Easy is a slow jog