

2020 Running From 'Rona Virtual 5K Training Plan

Training Plan	Week	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Walking Novice Intermediate	1	Rest or walk Rest or walk Rest	15 min walk 1.75 mi run 3 mi run	Rest or walk Rest or walk 30 min tempo*	15 min walk 1.5 mi run 3 mi run	Rest Rest Rest	1.75 mi walk 1.75 mi run 3 mi fast**	35-60 min walk 35 min walk 5 mi run
	2	Rest or walk Rest or walk Rest	20 min walk 2 mi run 3 mi run	Rest or walk Rest or walk 6 x 400m***	20 min walk 1.5 mi run 3 mi run	Rest Rest Rest	2 mi walk 2 mi run 4 mi run	40-60 min walk 40 min walk 6 mi run
	3	Rest or walk Rest or walk Rest	20 min walk 2.25 mi run 3 mi run	Rest or walk Rest or walk 35 min tempo	20 min walk 1.5 mi run 3 mi run	Rest Rest Rest	2.25 mi walk 2.25 mi run Rest	45-60 min walk 45 min walk 5K Test
	4	Rest or walk Rest or walk Rest	25 min walk 2.5 mi run 3 mi run	Rest or walk Rest or walk 7 x 400m	25 min walk 2 mi run 3 mi run	Rest Rest Rest	2.5 mi walk 2.5 mi run 4 mi fast	50-60 min walk 50 min walk 6 mi run
	5	Rest or walk Rest or walk Rest	25 min walk 2.75 mi run 3 mi run	Rest or walk Rest or walk 40 min tempo	25 min walk 2 mi run 3 mi run	Rest Rest Rest	2.75 mi walk 2.75 mi run 5 mi run	55-60 min walk 55 min walk 7 mi run
	6	Rest or walk Rest or walk Rest	30 min walk 3 mi run 3 mi run	Rest or walk Rest or walk 8 x 400m	30 min walk 2 mi run 3 mi run	Rest Rest Rest	3 mi walk 3 mi run 5 mi fast	60 min walk 60 min walk 7 mi run
	7	Rest or walk Rest or walk Rest	30 min walk 3 mi run 3 mi run	Rest or walk Rest or walk 30 min tempo	30 min walk 2 mi run 2 mi run	Rest Rest Rest	Rest Rest Rest	Virtual 5K Virtual 5K Virtual 5K

*: Tempo runs start with 5-10 minute easy running warm-up, 10-15 minute (or more depending on week) faster running (10K pace), and finishing with 5-10 minute easy jog cool down.

** : In typical runs, go at a comfortable pace in which you could have a conversation. On fast days, go slightly past the point where you could have a conversation.

***: 400 meter intervals. Warm-up by jogging 1-2 miles easy pace. Run 400m faster than 5K pace (around 1 mile pace), followed by 400m easy. Repeat for number of times indicated. Follow up with short cool down jog.

For more information, visit this link: <https://www.halhigdon.com/training/5k-training/>