



5K TRAINING PLAN

8-Week Training Schedule (Distance in Miles)

Week	SUN	MON	TUE	WED	THU	FRI	SAT
1	Rest	1	Cross Train	1	Rest	1	1.5
2	Rest	1	Cross Train	1	Rest	1	1.5
3	Rest	1	Cross Train	1.5	Rest	1	2
4	Rest	1	Cross Train	1.5	Rest	1	2.5
5	Rest	1.5	Cross Train	2	Rest	1	2.5
6	Rest	1.5	Cross Train	2	Rest	1.5	3
7	Rest	1.5	Cross Train	2	Rest	1.5	3
8	Rest	1	Cross Train	1.5	Rest	1	RACE!

This beginner level program is designed to gradually build your mileage and get you across the finish line. To design an advanced program, contact Bellin Health running expert Nate Vandervest at 920.430.4890 or Nathan.Vandervest@bellin.org.