

5K TRAINING PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	INTERVALS	STRENGTH	EASY RUN	TEMPO	REST DAY	LONG RUN	REST DAY
WEEK 1	<p>Warmup: ½ mile</p> <p>2x 1-mile time trial progression; 2-3 min rest after each mile effort</p> <p>Cooldown: ½ mile</p>	<p>Lower Body: squats, deadlifts, lunges, glute bridges, core</p>	<p>Beginner: 20-30 min</p> <p>Intermediate: 30-40 min</p> <p>Advanced: 40-50 min</p>	<p>Warmup: ½ mile</p> <p>20 min at 10K pace (alternate incline 0%, 2%, 0%, 3% every min);</p> <p>Recovery: 2-3 min</p> <p>4x 30-sec sprints with 45 sec recovery in between</p> <p>Strength Train: upper body/core</p>	Rest	<p>Beginners: 30-40 min</p> <p>Intermediate: 45-55 min</p> <p>Advanced: 60-70 min</p>	<p>Optional: 30-min easy run</p>
WEEK 2	<p>Warmup: ½ mile</p> <p>4x ½-mile repeat progression at 5K pace (each effort gets 0.2-0.5 faster) with 1-2 min recovery between each effort</p> <p>5x 30-sec sprints with 45-second recovery in between</p>	<p>Lower Body: squats, deadlifts, lunges, glute bridges, core</p>	<p>Beginner: 20-30 min</p> <p>Intermediate: 30-40 min</p> <p>Advanced: 40-50 min</p>	<p>Warmup: ½ mile</p> <p>20 min: start at 10K pace; increase speed by 0.2 every 3-4 min</p> <p>Recovery: 2-3 min</p> <p>4x 60-sec sprints with 60 sec of recovery in between</p> <p>Strength Train: upper body/core</p>	Rest	<p>Beginners: 35-45 min</p> <p>Intermediate: 50-60 min</p> <p>Advanced: 65-75 min</p>	<p>Optional: 30-min easy run</p>
WEEK 3	<p>Warmup: ½ mile</p> <p>10x ¼-mile repeat progression (5 efforts at 5K pace, 5 efforts at mile pace) with 90 sec to 2 min recovery between each effort</p> <p>5x 30-sec sprints with 45-sec recovery in between</p>	<p>Lower Body: squats, deadlifts, lunges, glute bridges, core</p>	<p>Beginner: 20-30 min</p> <p>Intermediate: 30-40 min</p> <p>Advanced: 40-50 min</p>	<p>Warmup: ½ mile</p> <p>1 mile at half marathon pace, 1-2 min recovery</p> <p>1 mile at 10K pace, 1-2 min recovery</p> <p>1 mile at 5K pace</p> <p>Recovery: walk/jog for 3-4 min</p> <p>Strength Train: upper body/core</p>	Rest	<p>Beginners: 40-50 min</p> <p>Intermediate: 55-65 min</p> <p>Advanced: 70-80 min</p>	<p>Optional: 30-min easy run</p>
WEEK 4	<p>Warmup: ½ mile</p> <p>2x 1-mile time trial progression with 2-3 min rest after each mile effort</p> <p>5x 30-sec sprints with 60-sec recovery in between</p>	<p>Lower Body: squats, deadlifts, lunges, glute bridges, core</p>	<p>Beginner: 20-30 min</p> <p>Intermediate: 30-40 min</p> <p>Advanced: 40-50 min</p>	<p>Warmup: ½ mile</p> <p>5 min at 10K pace</p> <p>5 min at 5K pace</p> <p>5 min at 10K pace</p> <p>5 min at 5K pace</p> <p>2.5 min at mile pace</p> <p>Recovery: walk/jog for 3-4 min</p> <p>Strength Train: upper body/core</p>	<p>Optional: 30-min easy run</p>	<p>Optional: 30-min easy run</p>	<p>RACE DAY!</p>