

5K TRAINING PLAN



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