

## 5K TRAINING PLAN LOW MILEAGE (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Easy run or day off	Speedwork	Easy run, easy cross-training, or day off	Tempo run	Day off	Easy run with drills and strides	Long Run
<b>1</b>	15 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minutes at RPE 3-4 w/form drills and strides</li> <li>• 4 sets: 2 minute run at RPE 5-6, followed by 2 minute recovery run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 10 minute run at RPE 5-6</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4</li> <li>• Repeat 4 times: 30 sec. running at RPE 7-7.5 followed by 1:30 minute run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>2</b>	15 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 3 sets: (4 minute run at RPE 5-6 followed by 4 minutes of RPE 3)</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 10 minute run at RPE 5-6</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4</li> <li>• Repeat 6 times: 30 sec. running at RPE 7-7.5 followed by 1:30 minute recovery run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 20 minute run at RPE 4-5</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>3</b>	15 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 4 sets: (4 minute run uphill at at RPE 7-7.5 then recovery jog down at RPE 3-4)</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 15 minute run at RPE 5-6</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. running at RPE 7-7.5 followed by 1:00 minute recovery run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 25 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>4</b>	15 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 4 sets: (3 minute run at RPE 7.5-8, followed by 3 minute recovery run at RPE 3-4)</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 15 minute run at RPE 5-6</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4</li> <li>• Repeat 8 times: 1 minute run at RPE 7-7.5, followed by 1 minute recovery run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Form drills and strides</li> <li>• 1-mile time trial at RPE 8-8.5 or close to 5K goal pace</li> <li>• 10 minute run at RPE 3-4</li> </ul>

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<b>5</b>	20 minute run at RPE 3-4	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4 w/ form drills and strides</li> <li>• 2 sets: (10 minute run at RPE 7.5-8, followed by 5 minute run at RPE 3-4)</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 20 minute run at RPE 5-6</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. run at RPE 7-7.5, followed by 1 minute recovery run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 35 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>6</b>	20 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4</li> <li>• Form drills and strides</li> <li>• 4 sets: (7 minute run at RPE 7.5-8, followed by 7 minute recovery run at RPE 3-4)</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run or 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 20 minute run at RPE 6-7</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. running at RPE 7-7.5, followed by 1:30 minute recovery run at RPE 3</li> <li>• 8 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 35 minute run at RPE 5-6</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>7</b>	20 minute run at RPE 3-4	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 4 sets: (4 minute run at RPE 7.5-8, followed by 4 minute run at RPE 3-4)</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 25 minute run at RPE 5-6</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. running at RPE 7-7.5, followed by 1 minute recovery run at RPE 3</li> <li>• 8 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 40 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>8</b>	20 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 7 minute run at RPE 7.5-8, followed by 7 minute recovery run at RPE 3-4</li> <li>• 5 minute run at RPE 7.5-8, followed by 5 minute recovery run at RPE 3-4</li> <li>• 3 minute run at RPE 7.5-8, followed by 3 minute recovery run at RPE 3-4</li> <li>• 1 minute run at RPE 7.5-8, followed by 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 run, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/ form drills and strides</li> <li>• 25 minute run at RPE 6-7</li> <li>• 10 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 45 sec. running at RPE 7-7.5, followed by 2 minute recovery run at RPE 3)</li> <li>• 8 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 2-mile time trial at RPE 8-8.5 or close to 5K race pace</li> <li>• 10 minute run at RPE 3-4</li> </ul>
<b>9</b>	20 minute run at RPE 3-4	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 4 sets: (4 minute run at RPE 7.5-8, followed by 4 minute recovery run at RPE 3-4)</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4, 20 minutes of easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/ form drills and strides</li> <li>• 20 minute run at RPE 7-7.5</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. running at RPE 7-7.5, followed by 1:30 minute recovery run at RPE 3</li> <li>• 8 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 35 minute run at RPE 4-5</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>

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<b>10</b>	20 minute run at RPE 3-4	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 10 minute run at RPE 7.5-8, followed by 10 minute recovery run at RPE 3-4, followed by 10 minute run at RPE 7.5-8, followed by 5 minute recovery run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 or 20 minutes of easy cross-training	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/ form drills and strides</li> <li>• 25 minute run at RPE 6-7</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. running at RPE 7-7.5, followed by 2 minute recovery run at RPE 3</li> <li>• 8 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 40 minute run at RPE 5-6</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>11</b>	20 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 10 sets: (2 minute run at RPE 7.5-8, followed by 2 minute recovery run at RPE 3-4)</li> <li>• 10 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 20 minute run at RPE 6.5-7.5</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 8 times: 30 sec. running at RPE 7-7.5, followed by 1 minute recovery run at RPE 3</li> <li>• 8 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 30 minute run at RPE 3-4</li> <li>• 5-10 minutes of strength training (optional)</li> </ul>
<b>12</b>	Day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/form drills and strides</li> <li>• 5 minute run at RPE 8-8.5 or close to 5K goal pace</li> <li>• 5 minute run at RPE 3-4</li> <li>• 5-10 minute run strength training</li> </ul>	Choose one: 20 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4</li> <li>• Repeat 6 times: 1 minute running at RPE 7-7.5, followed by 1 minute recovery run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	20 minute run at RPE 3-4 or day off	<ul style="list-style-type: none"> <li>• 5 minute run at RPE 3-4</li> <li>• Repeat 4 times: 20 sec. running at RPE 7-7.5, followed by 1:40 minute recovery run at RPE 3</li> <li>• 5 minute run at RPE 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• 10 minute run at RPE 3-4 w/ form drills and strides</li> <li>• <b>5K Goal race</b></li> <li>• 10 minute run at RPE 3-4</li> </ul>

### WARMUP: 10:00 EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15–20 seconds each, followed by 15–20 seconds of slow jogging, do each of these eight drills:
  - Butt-kicks
  - High knees
  - Quick feet
  - Skipping for height
  - Side-slide/chassée (R and L)
  - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you’ve done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1–2	Negligible effort	Walking
3–4	Easy	Easy-run range
5	Moderate	Regular-run pace
6–7	Moderate-to-hard	Tempo-run range
8–9	Hard	Speedwork range
10	Very hard	Sprinting