



5K Training Guide

Congratulations on choosing to train for a 5K! Use our guide below as a reference for your training. Feel free to switch up the workouts as you need, but try to have at least one rest day each week. If you miss a workout, just continue with your training rather than doubling up workouts. On Saturdays, try to run each mile at about 25 seconds slower than your goal pace. Keep in mind that you should consult your doctor before beginning an extensive training program. Best of luck!

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------------------------------|---------------|---|--------------|--------|---------------|---|
| 1 | Rest or run/walk (20 min) | 1.5 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk 1/2 mile cool down easy | 1.5 Mile Run | Rest | 1.5 Mile Run | 30-60 Min. Walk or Cross Train (Bike, swim, etc.) |
| 2 | Rest or run/walk (20 min) | 1.75 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk 1/2 mile cool down easy | 1.5 Mile Run | Rest | 1.75 Mile Run | 35-60 Min. Walk or Cross Train (Bike, swim, etc.) |
| 3 | Rest or run/walk (20 min) | 2 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk 1/2 mile cool down easy | 1.5 Mile Run | Rest | 2 Mile Run | 40-60 Min. Walk or Cross Train (Bike, swim, etc.) |
| 4 | Rest or run/walk (20 min) | 2.25 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk (increase sets up to 6 sets) 1/2 mile cool down easy | 1.5 Mile Run | Rest | 2.25 Mile Run | 45-60 Min. Walk or Cross Train (Bike, swim, etc.) |



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|------|------------------------------|---------------|---|------------|--------|---------------|---|
| 5 | Rest or run/walk (20 min) | 2.5 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk (increase sets up to 6 sets) 1/2 mile cool down easy | 2 Mile Run | Rest | 2.5 Mile Run | 50-60 Min. Walk or Cross Train (Bike, swim, etc.) |
| 6 | Rest or run/walk (20 min) | 2.75 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk (increase sets up to 6 sets) 1/2 mile cool down easy | 2 Mile Run | Rest | 2.75 Mile Run | 55-60 Min. Walk or Cross Train (Bike, swim, etc.) |
| 7 | Rest or run/walk (20 min) | 3 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk (increase sets up to 6 sets) 1/2 mile cool down easy | 2 Mile Run | Rest | 3 Mile Run | 60 Min. Walk or Cross Train (Bike, swim, etc.) |
| 8 | Rest or run/walk (20 min) | 3 Mile Run | Speed Work: 1/2 mile warm up easy Speed Set: 1/2 mi fast 1/4 mi easy 1/4 mi walk (increase sets up to 6 sets) 1/2 mile cool down easy | 2 Mile Run | Rest | Rest | 5-K Race |