

2025 Summer Run Club - 8 week 5K Beginner

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Rest day	Basic run day	Building day	Mix it up	Rest day	Shake out for long run	Long run day
1	Base	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1-2 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Intervals: Complete (2) 200 meter sprints - Warmup with a 10 minute jog - Run 200 meters hard, then walk to recover - Cool down with a short jog	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1-2 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	30 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
2	Build	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1-2 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Intervals: Complete (3) 200 meter sprints - Warmup with a 10 minute jog - Run 200 meters hard, then walk to recover - Cool down with a short jog	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1-2 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	35 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
3	Build	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1.5-2.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Intervals: Complete (4) 200 meter sprints - Warmup with a 10 minute jog - Run 200 meters hard, then walk to recover - Cool down with a short jog	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1.5-2.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	40 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
4	Recovery	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1.5-2.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	1.5-2.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	45 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
5	Build	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2-3 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Intervals: Complete (4) 200 meter sprints - Warmup with a 10 minute jog - Run 200 meters hard, then walk to recover - Cool down with a short jog	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2-3 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	50 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
6	Build	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2-3 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Intervals: Complete (5) 200 meter sprints - Warmup with a 10 minute jog - Run 200 meters hard, then walk to recover - Cool down with a short jog	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2-3 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	55 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
7	Build	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2.5-3.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Intervals: Complete (6) 200 meter sprints - Warmup with a 10 minute jog - Run 200 meters hard, then walk to recover - Cool down with a short jog	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2.5-3.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	60 min walk The purpose of this walk is to spend time on your feet. The workout builds endurance.
8	Taper/Race	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
		Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	2.5-3.5 mile run @ base pace This pace is there you can have a conversation with someone but not talk in paragraphs. Its above an easy pace, but below a pace where you are pushing hard	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	Options - 15-30 min - Run @ base pace - Cross train with a cardio activity - Strength training - focus on core, quads, hamstrings, and glutes	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	Rest The most important workout - gives your muscles time to build back stronger! Take this workout seriously. Hydrate, stretch, and eat well	Race day! Run a 5K and see how far you have come!

Training program created by Coach Burley - please feel free to reach out over the summer if you have questions - coachanneburley@gmail.com *Adapted from Hal Higdon's Novice 8-week 5K training program