

5K in 4 Weeks

Beginner

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	Warm Up Run 1/Walk 3 +5 TIMES Cool Down	Warm Up Run 1/Walk 3 +5 TIMES Cool Down	Warm Up Run 2/Walk 2 +5 TIMES Cool Down	Warm Up Run 2/Walk 2 +5 TIMES Cool Down
TUESDAY	Walk	CROSS TRAIN 30-45 MIN	CROSS TRAIN 30-45 MIN	CROSS TRAIN 30-45 MINUTES
WEDNESDAY	Warm Up Run 1/Walk 3 +5 TIMES Cool Down	Warm Up RUN 5 MIN Cool Down	Warm Up RUN 5 WALK 1 RUN 5 Cool Down	Warm Up RUN 5 WALK 1 + 3 TIMES Cool Down
THURSDAY	WALK 30 MINUTES	WALK 30-40 MINUTES	Warm Up Run 1/Run 3 +7 times Cool Down	Warm Up RUN 1 WALK 1 +7 TIMES Cool Down
FRIDAY	OFF	CROSS TRAIN 30-45 MIN	CROSS TRAIN 30-45 MIN	CROSS TRAIN 30-45 MIN
SATURDAY	Warm Up Run 1/Run 3 +7 times Cool Down	Warm Up Run 3/Walk 2 +8 times Cool Down	Warm Up Run 3/Walk 1 +10 times Cool Down	Warm Up Run 30 minutes Cool Down
SUNDAY	CROSS TRAIN 30-45 MIN	OFF	OFF	OFF

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Intermediate

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	40 MIN CT OR REST	40 MIN CT OR REST	40 MIN CT OR REST	30 MIN CT
TUESDAY	25 MIN TR 2 HR	30 MIN TR 3 HR	25 MIN TR 3 HR	REST
WEDNESDAY	30 MIN CT OR REST	30 MIN CT OR REST	30 MIN CT OR REST	20 MIN TR
THURSDAY	4 MIN AT 5K EFFORT 2 MIN EP 3 TIMES	4 MIN AT 5K RP 2 MIN EP 4 TIMES	4 MIN AT 5K RP 2 MIN EP 3 TIMES	REST
FRIDAY	REST	REST	REST	3 MILES EP
SATURDAY	5 MILES LR	7 MILES LR	6 MILES LR	REST
SUNDAY	3 MILES EP	3 MILES EP	3 MILES EP	5K

TR -TEMPO RUNS

This should be approx. 10 seconds per mile slower than your 10K pace. I call it "comfortably hard" pace.

5K RACE PACE

This is the pace that you want to run your 5K

HR - HILL REPEATS

Pick a hill aBout 200-400 meters long, that is not that steep. Try to run up at you 5K race pace. Recover down the hill at an easy pace. Breathing should be easy before you start up the hill again.

LR - LONG RUNS

These should be done at a comfortable pace. You shoule be able to have a conversation. Even though you are not training for a longer distance, this will help with your stamina.

EP - EASY PACE

Same as Long Run Pace

CT - CROSS TRAINING

Biking, swimming, elliptical, strength training, etc.