

# 5K IN 4 WEEKS

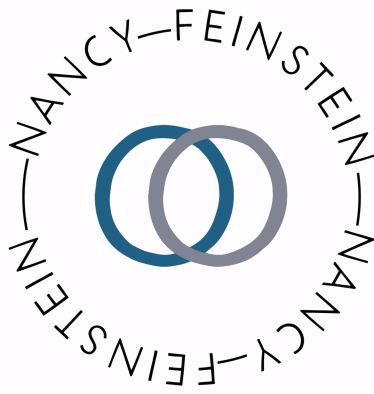
*beginner*

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	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
TUE	Walk	Cross Train 30-45 min	Cross Train 30-45 min	Cross Train 30-45 min
WED	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
THU	Walk 30 min	Walk 30-40 min	Warm Up Run 1/Walk 3 +7 times Cool Down	Warm Up Run 1/Walk 1 +7 times Cool Down
FRI	Rest	Cross Train 30-45 min	Cross Train 30-45 min	Cross Train 30-45 min
SAT	Warm Up Run 1/Walk 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 min Cool Down
SUN	Cross Train 30-45 min	Rest	Rest	Rest

# 5K IN 4 WEEKS

*intermediate*

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	40 min CT or Rest	40 min CT or Rest	40 min CT or Rest	30 min CT
TUE	25 min TR 2 HR	30 min TR 3 HR	25 min TR 3 HR	Rest
WED	30 min CT or Rest	30 min CT or Rest	30 min CT or Rest	20 min TR
THU	4 min at 5K RP 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
FRI	Rest	Rest	Rest	3 miles EP
SAT	5 miles LR	7 miles LR	6 miles LR	Rest
SUN	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 too steep. Try to run up at your 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 should 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.