

# EVERYDAY



## 5K TRAINING PLAN - "SOME EXPERIENCE"

	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	Jog 1 + 1/2 miles	Strength Train + Cross-Train 15 min	Rest	Jog 1 + 1/2 miles	Strength Train + Cross-Train 20 min	Jog 2 miles	Rest
Week 2	Jog 1 + 1/2 miles **with Hills	Strength Train + Cross-Train 15 min	Rest	5 min Jog + 8 Sprints (30 sec sprint / 1 min+ recovery)	Strength Train + Cross-Train 20 min	Jog 2 miles	Rest
Week 3	Jog 1 + 1/2 miles **with Hills	Strength Train + Cross-Train 20 min	Rest	5 min Jog + 9 Sprints (30 sec sprint / 1 min+ recovery)	Strength Train + Cross-Train 20 min	Jog 2 + 1/2 miles	Rest
Week 4	Jog 2 miles **with Hills	Strength Train + Cross-Train 25 min	Rest	5 min Jog + 10 Sprints (30 sec sprint / 1 min+ recovery)	Strength Train + Cross-Train 25 min	Jog 2 + 1/2 miles	Rest
Week 5	Jog 2 miles **with Hills	Strength Train + Cross-Train 25 min	Rest	5 min Jog + 10 Sprints (30 sec sprint / 1 min+ recovery)	Strength Train + Cross-Train 20 min	Jog 3 miles	Rest
Week 6	Jog 2 miles	Strength Train (light) + Cross-Train 20 min	Jog 1 mile (*or Rest)	Rest (*or Jog 1 mile)	RACE NIGHT (*or Rest)	(*or RACE DAY)	

# EVERYDAY



## BEGINNER 5K TRAINING PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	Walk/Jog 20 min	Strength Train + Cross-Train 15 min	Rest	Walk/Jog 25 min	Strength Train + Cross-Train 15 min	Jog 1 mile	Rest
Week 2	Walk/Jog 25 min	Strength Train + Cross-Train 15 min	Rest	Walk/Jog 30 min	Strength Train + Cross-Train 20 min	Jog 1 + 1/2 miles	Rest
Week 3	Walk/Jog 30 min	Strength Train + Cross-Train 20 min	Rest	Jog 1 + 1/2 miles	Strength Train + Cross-Train 20 min	Jog 2 miles	Rest
Week 4	Jog 1 + 1/2 miles **with Hills	Strength Train + Cross-Train 25 min	Rest	5 min Jog + 8 Sprints (30 sec sprint / 1 min+ recovery)	Strength Train + Cross-Train 25 min	Jog 2 + 1/2 miles	Rest
Week 5	Jog 1 + 1/2 miles **with Hills	Strength Train + Cross-Train 25 min	Rest	5 min Jog + 8 Sprints (30 sec sprint / 1 min+ recovery)	Strength Train + Cross-Train 20 min	Jog 3 miles	Rest
Week 6	Jog 1 + 1/2 miles	Strength Train (light) + Cross-Train 20 min	Jog 1 mile (*or Rest)	Rest (*or Jog 1 mile)	RACE NIGHT (*or Rest)	(*or RACE DAY)	