



# 5K TRAINING - BEGINNER 8 WEEK PLAN

## HOW TO USE THIS PLAN

Each week contains seven daily activities. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, and Thursday with crosstraining on Wednesdays and Fridays. Take 1 minute walk intervals as needed. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

### 1 SEPTEMBER 11 - 17

- Run 1 - 20 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 5 x 60 second Hill repeats at 80-85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 2 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

### 2 SEPTEMBER 18 - 24

- Run 1 - 20 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 8 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 2 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

### 3 SEPTEMBER 25 - OCTOBER 1

- Run 1 - 25 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 5 x 90 second Hill Repeats at 80-85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 2-2.5 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

### 4 OCTOBER 2 - 8

- Run 1 - 25 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE.
- Run 10 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - Long Run: Run 2.5 miles at 60-70% HR/PE
- 2 Crosstrain days
- 2 Rest days

# 5K TRAINING - BEGINNER 8 WEEK PLAN

# 5

## OCTOBER 9 - 15

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 6 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - Long Run: Run 2.5 miles at 60-70% HR/PE
- 2 - 3 Crosstrain days
- 1 - 2 Rest days

# 6

## OCTOBER 16 - 22

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 3 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - Long Run: Run 2.5-3 miles 60-70% HR/PE
- 2 - 3 Crosstrain days
- 1 - 2 Rest days

# 7

## OCTOBER 23 - 29

- Run 1 - 30 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE.  
Run 3 x 1 mile at 85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - Long Run: Run 3 miles at 60-70% HR/PE
- 2 - 3 Crosstrain days
- 1 - 2 Rest days

# 8

## RACE WEEK

- Run 1 - Monday - 20 minutes at 60-70% HR/PE
- Rest Day Tuesday
- Run 2 - Wednesday - 10 minutes warm up at 60-70% HR/PE. Run 5 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- Rest Day Thursday
- Run 3 - Friday - 15 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!

