

5K TRAINING PLAN

Week	Day 1	Day 2	Day 3
Week 1	Complete 4 quarter mile runs with a 4 minute rest between each run	Complete 8 rounds of 10 seconds max effort run, treadmill or bike. Rest 50 seconds between intervals Rest 5 minutes Repeat	Run 3 miles at 60-70% of your max effort
Week 2	Complete 4, quarter mile runs with a 3.5 minute rest between each run Complete 2, half mile runs with a 4 minute rest between each run	Complete 10 rounds of 10 seconds max effort run, treadmill or bike. Rest 50 seconds between intervals Rest 5 minutes Repeat	Run 3 miles at 60-70% of your max effort
Week 3	Complete 4, half mile runs with a 5 minute rest between each run	Complete 8 rounds of 12 seconds max effort run, treadmill or bike. Rest 48 seconds between intervals Rest 5 minutes Repeat	Run 3 miles at 60-70% of your max effort
Week 4	Run 1 mile. Rest 6 minutes. Complete 2, half mile runs with a 4 minute rest between each run Complete 2 quarter mile runs with a 4 minute rest between each run	Complete 8 rounds of 12 seconds max effort run, treadmill or bike. Rest 48 seconds between intervals Rest 5 minutes Repeat	Run 3 miles at 60-70% of your max effort
Week 5	Complete 2, one mile runs with a 5 minute rest between each run Complete 2, half mile runs with a 6 minute rest between each run	Complete 10 rounds of 12 seconds max effort run, treadmill or bike. Rest 48 seconds between intervals Rest 5 minutes Repeat	Run 3 miles at 60-70% of your max effort
Week 6	Run 2 miles. Rest 7 minutes. Run 1 mile	Complete 6 rounds of 15 seconds max effort run, treadmill or bike. Rest 45 seconds between intervals Rest 5 minutes Repeat	Enjoy the race

RECOVER (The day of the race)

Run a half mile at 60-70% of your max effort. Rest 5 minutes. | Complete 2 quarter mile runs with a 5 minute rest between each run