

5k Training Plan

This plan is designed for beginners who can currently go at least a mile with a walk/run combination.



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		Long Run	Recovery	Base Run	Recovery	Base Run	Active Recovery	Rest Day
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
Week 1	Distance	1.5 miles		1 mile		1 mile	Strength Training, Pilates, or other cross-training	REST
	Instructions	Walk 1 minute, Run 30 seconds at a slow run		Walk 2 minutes, Run 1 minute		Walk 1 minute, Run 1 minute		REST
Week 2	Distance	1.75 miles		1 mile		1 mile	Cross-Training	REST
	Instructions	Walk 1 minute, Run 30 seconds at a slow run		Walk 1.5 minutes, Run 1 minute		Walk 1 minute, Run 1 minute		REST
Week 3	Distance	2 miles		1 mile		1 mile	Cross-Training	REST
	Instructions	Walk 1 minute, Run 30 seconds at a slow run		Walk 1 minute, Run 1 minute		Walk 45 seconds, Run 1 minute		REST
Week 4	Distance	2.25 miles		1 mile		1 mile	Cross-Training	REST
	Instructions	Walk 1 minute, Run 1 minute		Walk 1 minute, Run 1.5 minutes		Walk 30 seconds, Run 1 minute		REST
Week 5	Distance	2.5 miles		1.25 miles		1 mile	Cross-Training	REST
	Instructions	Walk 1 minute, Run 1 minute		Walk 1 minute, Run 2 minutes		Walk 15 seconds, Run 1 minute		REST
Week 6	Distance	2.75 miles		1.5 miles		1 mile	Cross-Training	REST
	Instructions	Walk 1 minute, Run 2 minutes		Walk 1 minute, Run 3 minutes		Try to run the entire mile without stopping. Go slowly if needed.		REST
Week 7	Distance	3 miles		1.5 miles		1 mile		REST
	Instructions	Walk 30 seconds, Run 2 minutes		Walk 30 seconds, Run 4 minutes		Run the entire mile		REST
Week 8	Distance	3.25 miles		1 mile		1 mile	REST	REST
	Instructions	Walk 30 seconds, Run 3 minutes		Run the entire mile, as much as possible.		Walk 30 seconds, Run 2 minutes		REST
Race Day		5k Race!						REST
	Instructions	Start off SLOWLY, keep a steady pace, run as much as possible.						



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10k Training Plan

This plan is designed for those who have completed a 5k and/or can currently run 2-3 miles comfortably.

		Long Run	Strengthening	Base Run	Recovery	Base Run	Cross-Training	Rest Day
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
Week 1	Distance	3.5 miles	Hit the gym	1.5 mile	REST	2 miles	Cross-training	REST
	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Slow pace for 1 st half mile, then 30 second sprints with 1 minute slow recovery pace in between.	REST	Slow pace for 1 st half mile, then fast sustainable pace (not sprint) for 1 mile, slower pace for last half mile.	Bike, swim, or other non-running but active exercise.	REST
Week 2	Distance	4 miles	Hit the gym	Hill Repeats	REST	2 miles	Cross-training	REST
	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Find a good hill, run up it 15x, walking back down the hill each time.	REST	Slow pace for 1 st half mile, then 1 min. fast intervals (not sprint), 1 min. slow intervals alternating for rest of run.	Bike, swim, or other non-running but active exercise.	REST
Week 3	Distance	5 miles	Hit the gym	2 miles	REST	1.5 miles	Cross-training	REST
	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Run on AU trails or a hilly route.	REST	Slow pace for 1 st half mile, then 30-second sprint intervals for next half mile, then slow pace for last half mile	Bike, swim, or other non-running but active exercise.	REST
Week 4	Distance	3.5 miles	Hit the gym	Hill Repeats	REST	2 miles	Cross-training	REST
Recovery Week	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Find a good hill, run up it 10x, walking back down the hill each time.	REST	Slow pace for 1 st half mile, then 1-minute intervals with 1 minute fast, 1 minute slow.	Bike, swim, or other non-running but active exercise.	REST

10k Training Plan



Week 5	Distance	5.5 miles	Hit the gym	2 miles	REST	2 miles	Cross-training	REST
	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Run on AU trails or a hilly route.	REST	Slow pace for 1 st half mile, sprint intervals for next mile with 30 sec. sprints followed by 1 minute slow jog, then slow pace for last half mile	Bike, swim, or other non-running but active exercise.	REST
Week 6	Distance	6 miles	Hit the gym	2.5 miles	REST	2 miles	Cross-training	REST
	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Run on AU trails or a hilly route.	REST	Slow pace for 1 st mile, then 1-minute intervals with 1 minute fast, 1 minute slow.	Bike, swim, or other non-running but active exercise.	REST
Week 7	Distance	6.5 miles	Hit the gym	3 miles	REST	2 miles	Cross-training	REST
	Instructions	Keep a slow, steady pace	Focus on core work and strength training exercises	Run on AU trails or a hilly route. Keep a medium to medium-fast pace.	REST	Slow pace for 1 st half mile, sprint intervals for next mile with 30 sec. sprints followed by 1 minute slow jog, then slow pace for last half mile	Bike, swim, or other non-running but active exercise.	REST
Week 8	Distance	6 miles	No strength training	2 miles	Cross-training	1 mile	REST	REST
	Instructions	Keep a slow, steady pace	Go for a walk, do yoga, stretching, or other light exercise.	Run on AU trails or a hilly route. Keep a medium to medium-fast pace.	Bike, swim, or other non-running but active exercise.	Run a fast but easy pace. Stretch out very well afterward.	REST	REST
Race Day		10k Race!						
	Instructions	Start off SLOWLY, keep a steady pace.						