



5k Training Plan

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

| | | 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. | | | | | | |

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 |
| <i>Recovery Week</i> | 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 |

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| 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. | | | | | | |

