

## Beginners 5K Training Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	1-3	ST	1-3	CT	ST or Rest	2-3	Rest
<b>Week 2</b>	2	ST	2	CT	ST or Rest	2-3	Rest
<b>Week 3</b>	2 hills	ST	2-3 (1@tempo)	CT	ST or Rest	2-4	Rest
<b>Week 4</b>	2-3	ST	3	CT	ST or Rest	2-4	Rest
<b>Week 5</b>	2-3	ST	2-4 (negative split)	CT	ST or Rest	3-4	Rest
<b>Week 6</b>	3	ST	3-4 hills	CT	ST or Rest	3-5	Rest
<b>Week 7</b>	3	ST	2-4	CT	ST or Rest	4-6	Rest
<b>Week 8</b>	3-4 (2 @ tempo)	ST	4-5	CT	ST or Rest	4-6	Rest
<b>Week 9</b>	3-4 hills	ST	3-5	CT	ST or Rest	5-7	Rest
<b>Week 10</b>	3	ST	4	CT	ST or Rest	3-5	Rest
<b>Week 11</b>	2	ST	2	CT	ST or Rest	RACE 5K	

Here is a beginner program for runners that prefer to train by mileage rather than time. If you are on the shorter end of the intervals your ultimate goal should be to run the whole time/ mileage not concerning yourself with pace until you can get 3-5 miles without walking. Again, building on more distance with each week to that previous weekly mileage. If you are on the higher end of the interval for mileage, I would recommend you add those tempos in and try to hit race pace once in a while to see how it feels.

- ST = Strength train
- CT = Cross train (do something like walking, elliptical, bike ride etc)
- TEMPO = mile pace should be about 30 seconds slower than what you hope to run your miles at during a race. Again, if you aren't able to run 3-5 miles without walking don't worry about this part of the training...just work on building endurance to get the mileage in without walking.
- HILLS = Find a route that has hills and enjoy the strength component that comes along with running on hills.