



8 Week 5k Training Program

8 Week 5k Training Program									
Training Days:		4		Goal:		Finish		Sport:	Running
Level:		Beginner		Intensity:		Easy		Designer:	Scott Welle
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Phase	
1	1 Mile Run/Walk	Active Recovery	1 Mile Run	1 Mile Run/Walk	Active Recovery	1.5 Mile Run/Walk	Rest	Base	
2	1 Mile Run/Walk	Active Recovery	1 Mile Run	1 Mile Run/Walk	Active Recovery	2 Mile Run/Walk	Rest	Base	
3	1 Mile Run/Walk	Active Recovery	1.5 Mile Run	1 Mile Run/Walk	Active Recovery	2.5 Mile Run/Walk	Rest	Build	
4	1.5 Mile Run/Walk	Active Recovery	2 Mile Run	1.5 Mile Run/Walk	Active Recovery	3 Mile Run/Walk	Rest	Build	
5	1.5 Mile Run/Walk	Active Recovery	2.5 Mile Run	1.5 Mile Run/Walk	Active Recovery	3.5 Mile Run/Walk	Rest	Build	
6	2 Mile Run/Walk	Active Recovery	3 Mile Run	2 Mile Run/Walk	Active Recovery	3.5 Mile Run/Walk	Rest	Peak	
7	2.5 Mile Run/Walk	Active Recovery	3 Mile Run	2.5 Mile Run/Walk	Active Recovery	3 Mile Run/Walk	Rest	Taper	
8	2 Mile Run/Walk	Active Recovery	1.5 Mile Run	2 Mile Run/Walk	Active Recovery	RACE DAY	Rest	Race	

Notes:

- Run/Walk can be any combination of running and walking. The most important thing is *completing the mileage*.
- Active Recovery can be anything non-impact and not taxing on the legs
- Keep your runs on flats...and preferably softer terrain (trails, mulch, grass, etc.). It's easier on your legs.
- Wednesday runs that say "faster" should be done at a slightly greater intensity than the other runs. You shouldn't feel like you're dying – you should just be slightly out of breath as you're doing the miles