

# 5K EASY/INTRODUCTORY TRAINING PLAN



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Cross/Rest	10 Min Run	1 Mile Run	Cross/Rest	10 Min Run	1.5 Mile Run	Rest
2	Cross/Rest	12 Min Run	1.5 Mile Run	Cross/Rest	12 Min Run	2 Mile Run	Rest
3	Cross/Rest	15 Min Run	2 Mile Run	Cross/Rest	15 Min Run	2.5 Mile Run	Rest
4	Cross/Rest	10 Min Run	1.5 Mile Run	Cross/Rest	12 Min Run	2 Mile Run	Rest
5	Cross/Rest	15 Min Run	2 Mile Run	Cross/Rest	15 Min Run	2.75 Mile Run	Rest
6	Cross/Rest	18 Min Run	2.5 Mile Run	Cross/Rest	18 Min Run	3 Mile Run	Rest
7	Cross/Rest	20 Min Run	3.5 Mile Run	Cross/Rest	20 Min Run	3.5 Mile Run	Rest
8	Cross/Rest	15 Min Run	2 Mile Run	Cross/Rest	Rest	5K Race	Rest



## Definitions & Explanations

**This easy/introductory training program is intended for runners who are looking for an introduction to the 5K race.**

It assumes that the runner is not injured or has a recent past running injury, and can run/walk about one to two miles at any pace without stopping. This program consists of Mile Runs, Min Runs, and Cross Training and/or Rest Days. It is an 8 week program. This program uses four active running days with one full rest day and two cross training or an additional rest day depending on the user's preference. If the runner feels they need to get more running time in, the Cross/Rest day can be substituted with a low mileage Mile Run of not more than one or two miles. An explanation of the above running types can be found below.

### **Mile Run:**

**This is a slow run that is to be run at the allotted miles at a pace where the runner can carry on a conversation.**

Speed is not important with this run; just have fun with it and complete the listed miles.

### **Min Run:**

**This is a slow run that is to be run for the allotted time in minutes at a pace where the runner can carry on a conversation.**

Speed is not important with this run; just have fun with it and complete the listed minutes.

### **Cross/Rest:**

**Cross/rest is intended for the runner to do cross training such as swimming, easy biking, or easy weight lifting (light weights and high repetitions).**

Cross training does not include running. If the runner needs a rest day, this can be used as a total rest day. If the runner feels they need some more running, then a Mile Run of not more than four to five miles can be substituted.

### **Rest:**

**This is a full rest day.** This does not include cross training or running. The rest day(s) is one of the most important aspects of training. It is needed to build the body back up after it has

been fatigued by that current week's training regimen. Also, if the runner feels they need an extra rest day, they should take it. If the body feels overly fatigued to the point that the runner feels they need an extra rest day, they most likely do.

This training schedule is not written in stone and can be modified to meet the specific, individual requirements of the runner. It can also be modified at any point in the training to accommodate any needs that may arise from the runner's perspective. Please let us know if you have any questions, concerns, or if any modifications need to be discussed.