

Beginner Level 5K Training Plan

Week	Monday (Recovery)	Tuesday (Run)	Wednesday (Cross-Train)	Thursday (Run)	Friday (Recovery)	Saturday (Slow, Long Distance)	Sunday (Active Recovery)	Total
1	Rest	½ mile	Cross-training exercise	1 mile	Rest	1 ½ miles	1 mile	4 miles
2	Rest	1 ½ miles	Cross-training exercise	1 ½ miles	Rest	2 miles	1 mile	6 miles
3	Rest	1 ½ miles	Cross-training exercise	2 miles	Rest	2 ½ miles	1 mile	7 miles
4	Rest	2 miles	Cross-training exercise	2 miles	Rest	3 miles	1 mile	8 miles
5	Rest	2 miles	Cross-training exercise	2 miles	Rest	3 ½ miles	1 ½ miles	9 miles
6	Rest	2 miles	Cross-training exercise	2 ½ miles	Rest	4 miles	1 ½ miles	10 miles
7	Rest	2 miles	Cross-training exercise	2 ½ miles	Rest	4 ½ miles	2 miles	11 miles
Race Week	Rest	2 miles	Cross-training exercise	2 miles	Rest	RACE DAY! 3.1 miles	Walk or Rest	7.1 miles

