



## 5K Training Plan 3 days/week for 8 weeks

Prepare for your training by building on your base level of fitness: First, buy great-fitting running shoes. Then, start walking, jogging, or running 20-60 minutes at least 3 days per week. Next, find ways you can cross-train (see Legend below for examples). The best way to 'stick with it' is to find a partner, running club, or a team of 10 to train with! Warm up before your run with dynamic exercises and be sure to stretch afterwards.

*Happy Training - and have a great race!*

Week	Week Starting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Miles
<b>1</b>	1/30/22	Rest	0.5 Mile Run/Walk	20 min Strength/Core	Rest	0.5 Mile Run/Walk	Rest	1 Mile LSD	<b>2</b>
<b>2</b>	2/6/22	Rest	1 Mile Neg Splits	20 min Strength/Core	Rest	1 Mile Run/Walk	Rest	1 Miles LSD	<b>3</b>
<b>3</b>	2/13/22	Rest	1 Miles Run/Walk	20 min Strength/Core	1 Mile Hills	XT-20 mins or Rest	Rest/Massage	2 Miles LSD	<b>4</b>
<b>4</b>	2/20/22	Rest	1.5 Miles Neg Splits	30 min Strength/Core	1.5 Miles Run/Walk	XT-20 mins or Rest	Rest	2 Miles LSD	<b>5</b>
<b>5</b>	2/27/22	Rest	2 Miles Run/Walk	30 min Strength/Core	1.5 Miles Hills	XT-25 mins or Rest	Rest	2.5 Miles LSD	<b>6</b>
<b>6</b>	3/6/22	Rest	2 Miles Neg Splits	30 min Strength/Core	2 Miles Tempo	XT-30 mins or Rest	Rest/Massage	3 Miles LSD	<b>7</b>
<b>7</b>	3/13/22	Rest	3 Miles Run/Walk	30 min Strength/Core	2 Miles Run/Walk	XT-30 mins or Rest	Rest	3 Miles LSD	<b>8</b>
<b>8</b>	3/20/22	Rest	2 Miles Easy	Rest	2 Miles Easy	Rest	Pick-up your race packet at the <b>Expo</b> in the Gaslamp		<b>4</b>
<b>Goal</b> →	<b>3/27/22</b>	<b>San Diego 5K</b>							<b>3.1</b>

### Legend

**Run/Walk** Whether you run or walk, emphasize good form and accomplishment of the distance, as pace is not as important on these days.

**XT** Cross-training can be biking, elliptical, rowing, swimming, stairs, yoga, pilates classes, plyometrics - anything EXCEPT running.

**Strength** Variable resistance machines, free or fixed weights, resistance bands, dumbbells, Bosu balls, etc.

**Core** Exercises designed to work the abdominal and lower back muscles like sit-ups, planks, yoga or pilates.

**Tempo** Run 30-45 seconds faster per mile than your race pace goal.

**Neg Splits** Run the 2nd half of the mileage faster than the first half to improve strength, edurance and speed for your final kick.

**Massage** Full head-to-toe massage.

**LSD** Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, as needed.

**Back-down** Mileage sometimes decreases from the previous week to allow time for adequate recovery.

**Hills** Choose a route that has some hills to increase your stamina and speed.