



5K Training Plan 3 days/week for 16 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 20-30 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 5K race!

Week	Week Starting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Weekly Miles
1	11/20/16		1 mile Run/Walk	20 min Strength/Core	Rest	1 mile Run/Walk Happy Thanksgiving!	Rest	1 miles LSD	3
2	11/27/16	Rest	1 mile Run/Walk	20 min Strength/Core	Rest	2 miles	Rest	1 miles LSD	4
3	12/4/16	Rest	2 miles Run/Walk	20 min Strength/Core	1 mile Run/Walk	XT-20 min or Rest	Rest	2 miles LSD	5
4	12/11/16	Rest	2 miles Run/Walk	20 min Strength/Core	1 mile Run/Walk	XT-20 min or Rest	Rest	2 miles LSD	5
5	12/18/16	Rest	2 miles Run/Walk	30 min Strength/Core	2 miles Run/Walk	XT-25 min or Rest	Rest	2 miles LSD	6
6	12/25/16	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-30 min or Rest	Rest/Massage	3 miles LSD	7
7	1/1/17	Rest. Happy New Year!	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-30 min or Rest	Rest	4 miles LSD	8
8	1/8/17	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-35 min or Rest	Rest	Back-down: 3 miles LSD	7
9	1/15/17	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-35 min or Rest	Rest	4 miles LSD	9
10	1/22/17	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-40 min or Rest	Rest	5 miles LSD	9
11	1/29/17	Rest	2 miles NegSplit	30 min Strength/Core	3 miles Run/Walk	XT-40 min or Rest	Rest	Back-down: 2 miles LSD	7
12	2/5/17	Rest	2 miles NegSplit	30 min Strength/Core	3 miles Run/Walk	XT-45 min or Rest	Rest	4 miles LSD	9
13	2/12/17	Rest	2 miles NegSplit	30 min Strength/Core	1 mile Run/Walk	XT-45 min or Rest	Rest	5 miles LSD	8
14	2/19/17	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-45 min or Rest	Rest	4 miles LSD	8
15	2/26/17	Rest	2 miles	30 min Strength/Core	2 miles Run/Walk	XT-45 min or Rest	Rest	3 miles LSD	7
16	3/5/17	Rest	2 miles Easy	Rest	2 miles Run/Walk	Rest	Pick-up your race packet at our Expo on the Broadway Pier		4
	3/12/17	San Diego 5K!							3.1

Legend

- Run/Walk** Whether you run or walk, emphasize the importance of accomplishing the distance - pace is not as important on these days.
- XT** Cross training can be biking, elliptical, rowing, swimming, stairclimber, yoga/pilates class, plyometrics... anything EXCEPT running!
- Strength** Variable resistance machines, free weights, dumbbells, Bosu balls, etc.
- Core** Exercise designed to working the abdominal and low back muscles (sit ups, planks etc). Yoga/pilates classes are excellent for engaging core muscle work.
- Tempo** Run 30-45 seconds faster per mile than your race pace goal (ie, if your goal is 9 min/mi, run an 8:30 min/mi or 8:15 min/mi as your tempo pace).
- Neg Split** Run the second half of the mileage faster than the first half. Negative splits improve strength, endurance 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, if needed.
- Back-down** Mileage decrease from the previous week will allow time for recovery.
- Hills** Choose a route that has some hills to increase your stamina!