

Beginner 5K Training Plan

WEEK	M	T	W	T	F	S	S
1	Walk/ XT 20 min or off	Run 10 min	Walk/XT 20 min or off	Run 15 min	Walk/XT 20 min or off	Rest	Run 2 miles
2	Walk/ XT 20 min or off	Run 15 min	Walk/XT 20 min or off	Run 20 min	Walk/XT 20 min or off	Rest	Run 2.5 miles
3	Walk/XT 30 min or off	Run 20 min	Walk/XT 30 min or off	Run 25 min	Walk/XT 30 min or off	Rest	Run 3 miles (on racecourse if possible)
4	Walk/XT 30 min or off	Run 25 min	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Rest	Run 3.5 miles
5	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Rest	5-K Race

Intermediate 5K Training Plan

Weekly mileage: Except where noted, all weekly mileage should be run at a perceived effort of 6 out of 10, with 10 being your maximum effort.

Strides: After completing the designated mileage for the day, find a flat, preferably grassy area to perform the strides: Run hard for 20 seconds and recover with easy jogging or walking for 45 seconds.

Core workout: Do a series of basic exercises to strengthen core muscles and improve running posture. For a sample core workout routine, go to runnersworld.com/core.

SS intensity: Intervals at Steady State Intensity should be run at a perceived effort of 7 or 8 out of 10. Do 5 minutes of easy running between SS intensity intervals

WEEK	M	T	W	T	F	S	S
1	3 miles plus 5 x strides	Rest	4 miles plus 5 x strides	Rest	4 miles plus 5 x strides	2 to 3 miles; 15-min core workout	Rest
2	3 miles plus 5 x strides	Rest	4 miles with 2 x 5 min at SS intensity; 15-min core workout	Rest	3 miles plus 5 x strides	5 to 6 miles; 15-min core workout	Rest
3	3 miles plus 6 x strides	Rest	4 miles with 3 x 5 min at SS intensity; 15-min core workout	Rest	3 miles plus 6 x strides	6 miles with the last 15 min at SS intensity; 15-min core workout	Rest
4	3 miles plus 6 x strides	Rest	4 miles with 2 x 10 min at SS intensity; 15-min core workout	Rest	3 miles plus 5 x strides	6 miles with the last 15 min at SS intensity; 15-min core workout	Rest
5	3 miles plus 4 x strides	Rest	3 miles; 15-min core workout	Rest	2 miles	2 miles plus 3 x strides	5-K Race