Track Shack
Est. 1977
Orlando, Florida

8 Week 5k Training Plan

Before beginning any exercise program, visit your doctor for a complete physical. All training runs should be done at a conversational pace. *Cross-training is optional but highly recommended.* Cross-training includes swimming, cycling, spinning, rowing, strength training or walking. Cross-training sessions are 30-45 minutes at an easy to moderate intensity level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 5X)
Week 2	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minute (Repeat 5X)	REST
Week 3	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	REST	Run 4 Minutes Walk 2 Minutes (Repeat 6X)
Week 4	REST	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross Train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross Train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	REST
Week 5	Run 5 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)
Week 6	REST	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	REST
Week 7	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)
Week 8	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	**EVENT DAY** (Have Fun!)	REST

For more great information on reaching your goals... Run to TrackShack.com

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