



# 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
<b>Week 1</b>	Walk 3 Minutes Run 2 Minutes <i>(Repeat 4X)</i>	REST	Walk 3 Minutes Run 2 Minutes <i>(Repeat 4X)</i>	REST	Walk 3 Minutes Run 2 Minutes <i>(Repeat 4X)</i>	REST	Walk 3 Minutes Run 2 Minutes <i>(Repeat 5X)</i>
<b>Week 2</b>	REST	Walk 2 Minutes Run 3 Minutes <i>(Repeat 5X)</i>	REST	Walk 2 Minutes Run 3 Minutes <i>(Repeat 5X)</i>	REST	Walk 2 Minutes Run 3 Minutes <i>(Repeat 5X)</i>	REST
<b>Week 3</b>	Run 4 Minutes Walk 2 Minutes <i>(Repeat 6X)</i>	Cross-train	Run 4 Minutes Walk 2 Minutes <i>(Repeat 6X)</i>	Cross-train	Run 4 Minutes Walk 2 Minutes <i>(Repeat 6X)</i>	REST	Run 4 Minutes Walk 2 Minutes <i>(Repeat 6X)</i>
<b>Week 4</b>	REST	Run 4 Minutes Walk 1 Minute <i>(Repeat 7X)</i>	Cross Train	Run 4 Minutes Walk 1 Minute <i>(Repeat 7X)</i>	Cross Train	Run 4 Minutes Walk 1 Minute <i>(Repeat 7X)</i>	REST
<b>Week 5</b>	Run 5 Minutes Walk 1 Minute <i>(Repeat 7X)</i>	Cross-train	Run 5 Minutes Walk 1 Minute <i>(Repeat 8X)</i>	Cross-train	Run 5 Minutes Walk 1 Minute <i>(Repeat 8X)</i>	REST	Run 5 Minutes Walk 1 Minute <i>(Repeat 8X)</i>
<b>Week 6</b>	REST	Run 5 Minutes Walk 1 Minute <i>(Repeat 9X)</i>	Cross Train	Run 5 Minutes Walk 1 Minute <i>(Repeat 9X)</i>	Cross Train	Run 5 Minutes Walk 1 Minute <i>(Repeat 9X)</i>	REST
<b>Week 7</b>	Run 5 Minutes Walk 1 Minute <i>(Repeat 10X)</i>	Cross-train	Run 5 Minutes Walk 1 Minute <i>(Repeat 10X)</i>	Cross-train	Run 5 Minutes Walk 1 Minute <i>(Repeat 10X)</i>	REST	Run 5 Minutes Walk 1 Minute <i>(Repeat 10X)</i>
<b>Week 8</b>	REST	Run 5 Minutes Walk 1 Minute <i>(Repeat 10X)</i>	REST	Run 5 Minutes Walk 1 Minute <i>(Repeat 8X)</i>	REST	<b>EVENT DAY</b> <i>(Have Fun!)</i>	REST

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

## POINTERS AND TIPS

- If walking, walk briskly or “with purpose.”
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.

*For more information visit [Trackshack.com](http://Trackshack.com) for group training, race details and training articles.*

*Consult a physician before beginning any exercise program.*