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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |



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| Rest day | 1 | **Run/walk 1 mile.** Don’t worry trying to run the whole thing. |  | Rest day or cross-train. Yoga is a good way to stretch sore muscles. |  | **Run/walk 1.5 miles.** Do 1 mile if Monday was really difficult.. |  | Rest day |  | **Cross-train**  Weight training will help you become a strong runner. |  | **1.5 – 2 miles**  (Depending on Wed). Sat. is always your long run day. |  |
| Rest day | 2 | **1 mile**  Try to run the whole mile. No worries if you can’t, just try. |  | Rest day  Yoga, cycle, weight train. |  | **1.5 miles**  Easy pace |  | Rest day |  | **Cross-train**  Hike with a friend. |  | **2 miles**  Easy pace run/walk. |  |
| Rest day | 3 | **1.5 miles**  Alternate easy pace with sprints. |  | Rest day  Stretch |  | **1 mile**  Race pace. |  | Rest day |  | **Cross-train** | 1 | **2 miles**  Run at an easy pace the whole 2 miles. |  |
| Rest day | 4 | **1.5 miles**  Hill repeats. |  | Rest day  Stretch/yoga |  | **1.5 miles**  Easy pace. |  | Rest day |  | **Cross-train**  Hike/cycle/wt train. |  | **2.5 miles**  Easy pace. |  |
| Rest day | 5 | **2 miles**  Alternate easy pace with sprints. |  | Rest day  Stretch |  | **1.5 miles**  Race pace. |  | Rest day |  | **Cross-train** |  | **2.5 miles**  Long run should always be easy pace. |  |
| Rest day | 6 | **2 miles**  Slower than race pace but not easy pace. | 7 | Rest day  Stretch |  | **1.5 miles**  Choose your pace. |  | Rest day |  | **Cross-train** |  | **3 miles**  You can do it! |  |

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| 6 wks to 5k  2017 |  | Notes: This training plan is not written in stone. It is okay to adjust according to your personal schedule.  \*\*Every week should include a long run.\*\* |