

# BEGINNER 5K TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
1	REST	1.5 MILES @ EASY EFFORT	REST	1.5 MILES @ EASY EFFORT + 4 STRIDES	REST	2 MILES @ EASY EFFORT	OPTIONAL XT: 30-60 MIN @ EASY EFFORT	5
2	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	1.5 MILES @ EASY EFFORT + 4 STRIDES	REST	2.5 MILES @ EASY EFFORT	OPTIONAL XT: 30-60 MIN @ EASY EFFORT	6
3	REST	2.5 MILES @ EASY EFFORT + 4 STRIDES	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	2.5 MILES @ EASY EFFORT	OPTIONAL XT: 30-60 MIN @ EASY EFFORT	7
4	REST	2.5 MILES @ EASY EFFORT + 4 STRIDES	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	3 MILES @ EASY EFFORT	REST	7.5
5	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	1.5 MILES @ EASY EFFORT + 4 STRIDES	REST	5K RACE	REST	6.6

# BEGINNER 10K TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
1	REST	2 MILES @ EASY EFFORT	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	3 MILES @ EASY EFFORT	OPTIONAL XT: 30-60 MIN @ EASY EFFORT	7
2	REST	3 MILES @ EASY EFFORT + 4 STRIDES	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	3 MILES @ EASY EFFORT	OPTIONAL XT: 30-60 MIN @ EASY EFFORT	8
3	REST	3 MILES @ EASY EFFORT + 4 STRIDES	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	4 MILES @ EASY EFFORT	2 MILES @ EASY EFFORT	11
4	REST	3 MILES @ EASY EFFORT + 4 STRIDES	REST	3 MILES @ EASY EFFORT + 4 STRIDES	REST	5 MILES @ EASY EFFORT	2 MILES @ EASY EFFORT	13
5	REST	4 MILES @ EASY EFFORT + 4 STRIDES	REST	3 MILES @ EASY EFFORT + 4 STRIDES	REST	5 MILES @ EASY EFFORT	REST	12
6	REST	3 MILES @ EASY EFFORT + 4 STRIDES	REST	2 MILES @ EASY EFFORT + 4 STRIDES	REST	10K RACE	REST	11.2