

5K Training Program - Beginner

Date	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/31/2009	1	XT 45-60mins	Run Club 5K Run	EZ XT ~30 mins	Long Day Walk/Run 4	R	Track/Trail Short Speed 3x800	R
9/7/2009	2	XT 45-60mins	Run Club 5K Run	EZ XT ~30 mins	Long Day Walk/Run 5	R	Track/Trail Long Speed T-5-10mins	R
9/14/2009	3	XT 45-60mins	Run Club 5K Run	EZ XT ~30 mins	Long Day Walk/Run 4	R	Track/Trail Short Speed 6x400	R
9/21/2009	4	XT 45-60mins	Run Club 5K Run	EZ XT ~30 mins	Long Day Walk/Run 5	R	Track/Trail Long Speed T-10-15mins	R
9/28/2009	5	XT 45-60mins	Run Club 5K Run	EZ XT ~30 mins	Long Day Walk/Run 4	R	Track/Trail Long Speed T-5-10mins	R
10/5/2009	6	XT 45-60mins	Run Club 5K Run	EZ XT ~30 mins	Long Day Walk/Run 2	Long Day Walk/Run 2	R	Race Day

Legend: EZ XT = Easy Cross Training, R = Rest Day, XT = Cross Training, T = Tempo, F = Fartlek
ST - Stretch and Strength Training