

### 5K Training Program - Exp

Date	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/31/2009	1	EZ Run 5	Run Club 5K Run	XT ~60 mins	Long Run EZ 8	XT or R ~30 mins	Track/Trail Short Speed 4x800	R
9/7/2009	2	EZ Run 6	Run Club 5K Run	XT ~60 mins	Long Run EZ 9	XT or R ~30 mins	Track/Trail Long Speed T-15-20mins	R
9/14/2009	3	EZ Run 7	Run Club 5K Run	XT ~60 mins	Long Run EZ 10	XT or R ~30 mins	Track/Trail Short Speed 3x1600	R
9/21/2009	4	EZ Run 8	Run Club 5K Run	XT ~60 mins	Long Run EZ 9	XT or R ~30 mins	Track/Trail Long Speed T-20-25mins	R
9/28/2009	5	EZ Run 9	Run Club 5K Run	XT ~60 mins	Long Run EZ 8	XT or R ~30 mins	Track/Trail Short Speed 6-8x400	R
10/5/2009	6	EZ Run 5	Run Club 5K Run	XT ~60 mins	Short Run EZ 3	XT R ~30 mins	Short Run EZ 3	Race Day

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