



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Easy Run 4 miles conversational pace	Cross Train or Rest	Track 6x400m w/ 90sec jog recovery	Cross Train or Rest	Tempo 4 miles incl. 2 miles at 7/10	Cross Train or Rest	Long Run 6 miles easy steady pace
Week 2 Base	Easy Run 4 miles conversational pace	Cross Train or Rest	Track 8x400m w/ 90sec jog recovery	Cross Train or Rest	Tempo 4 miles incl. 2 miles at 7/10	Cross Train or Rest	Long Run 6.5 miles easy steady pace
Week 3 Base	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 10x400m w/ 90sec jog recovery	Cross Train or Rest	Tempo 5 miles incl. 2.5 miles at 7/10	Cross Train or Rest	Long Run 7 miles easy steady pace
Week 4 Build	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 5x800m w/ 2min jog recovery	Cross Train or Rest	Tempo 5 miles incl. 3 miles at 7/10	Cross Train or Rest	Long Run 7.5 miles easy steady pace
Week 5 Build	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 6x800m w/ 2min jog recovery	Cross Train or Rest	Tempo 5 miles incl. 3 miles at 7/10	Cross Train or Rest	Long Run 8 miles easy steady pace
Week 6 Build	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 7x800m w/ 90sec jog recovery	Cross Train or Rest	Tempo 6 miles incl. 3.5 miles at 7/10	Cross Train or Rest	Long Run 8 miles easy steady pace
Week 7 Speed	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 5x1000m w/ 2min jog recovery	Cross Train or Rest	Tempo 6 miles incl. 3 miles at 8/10	Cross Train or Rest	Long Run 8.5 miles easy steady pace

Week 8 Speed	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 4x1200m w/ 2min jog recovery	Cross Train or Rest	Tempo 6 miles incl. 3 miles at 8/10	Cross Train or Rest	Long Run 9 miles easy steady pace
Week 9 Peak	Easy Run 5 miles conversational pace	Cross Train or Rest	Track 3x1600m w/ 2.5min jog recovery	Cross Train or Rest	Tempo 6 miles incl. 4 miles at 8/10	Cross Train or Rest	Long Run 9 miles easy steady pace
Week 10 Sharpening	Easy Run 4 miles conversational pace	Cross Train or Rest	Track 8x400m fast — near race pace	Cross Train or Rest	Tempo 5 miles incl. 2 miles at race pace	Cross Train or Rest	Long Run 7 miles easy steady pace
Week 11 Taper	Easy Run 3 miles very easy, stay fresh	Cross Train or Rest	Track 6x400m light — keep legs sharp	Cross Train or Rest	Easy Run 3 miles short and easy	Cross Train or Rest	Long Run 5 miles easy — save energy
Week 12 Race Week	Easy Run 2 miles very light activation	Rest Day Rest	Easy Run 2 miles short strides at end	Rest Day Rest	Rest Day Rest	Rest Day Rest	Race Day! Run your 5K! You've got this!
Easy Run	Track Session	Tempo Run	Long Run	Easy = conversational pace · Track = interval reps with jog recovery · Tempo = comfortably hard 7-8/10 · Long run = 60-90 secs slower than easy pace			