

5K Training Plan

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
8	8/7/2022	Build Endurance	Expect Resistance	2 miles or 30 minutes	Rest	Rest	1 mile or 15 minutes	1.25 miles or 20 minutes	Rest	1.5 miles or 22 minutes	5.75 miles or 87 minutes
7	8/14/2022	Build Endurance	The Plan	2 miles or 30 minutes	Rest	Rest	1.25 miles or 20 minutes	2 miles or 30 minutes	Rest	1.5 miles or 22 minutes	6.75 miles or 102 minutes
6	8/21/2022	Build Endurance	Stength	2.25 miles or 36 minutes	Rest	Rest	1.5 miles or 24 minutes	1.25 miles or 20 minutes	Rest	1.5 miles or 22 minutes	6.5 miles or 102 minutes
5	8/28/2022	Gain Speed	Handling Hills	2.25 miles or 36 minutes	Rest	Rest	1.75 miles or 28 minutes	1.5 miles or 22 minutes	Rest	1.5 miles or 22 minutes	7 miles or 108 minutes
4	9/4/2022	Gain Speed	Getting Faster	2.25 miles or 36 minutes	Rest	Rest	2.0 miles or 30 minutes	1.75 miles or 28 minutes	Rest	1.5 miles or 22 minutes	7.5 miles or 116 minutes
3	9/11/2022	Gain Speed	Hydration	2.5 miles or 40 minutes	Rest	Rest	2.25 miles or 34 minutes	2.0 miles or 30 minutes	Rest	1.5 miles or 22 minutes	8.25 miles or 126 minutes
2	9/18/2022	Peak Distance	Fueling	2.75 miles or 45 minutes	Rest	Rest	2.5 miles or 38 minutes	2.25 miles or 34 minutes	Rest	2 miles or 30 minutes	9.5 miles or 147 minutes
1	9/25/2022	Peak Distance	Overcoming Injury	3 miles or 50 minutes	Rest	Rest	2.75 miles or 42 minutes	2.5 miles or 38 minutes	Rest	2 miles or 30 minutes	10.25 miles or 160 minutes
0	10/2/2022	Taper	Giving/Rest	2 miles or 30 minutes	Rest	Rest	1.5 miles or 24 minutes	1.5 miles or 22 minutes	Rest	RACE!	9.6 miles or 121 minutes
										71.1 miles or 1069 minutes (17.8 hrs)	

10K Training Plan

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
8	8/7/2022	Build Endurance	Expect Resistance	2.0 miles or 30 minutes	Rest	Rest	2.0 miles or 30 minutes	2.0 miles or 30 minutes	Rest	2.0 miles or 30 minutes	8 miles or 120 minutes
7	8/14/2022	Build Endurance	The Plan	2.5 miles or 38 minutes	Rest	Rest	2.0 miles or 30 minutes	2.0 miles or 30 minutes	Rest	2.0 miles or 30 minutes	8.5 miles or 128 minutes
6	8/21/2022	Build Endurance	Stength	3.0 miles or 45 minutes	Rest	Rest	3.0 miles or 45 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes	10.5 miles or 158 minutes
5	8/28/2022	Gain Speed	Handling Hills	3.5 miles or 54 minutes	Rest	Rest	3.0 miles or 45 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes	11 miles or 167 minutes
4	9/4/2022	Gain Speed	Getting Faster	4.0 miles or 60 minutes	Rest	Rest	3.0 miles or 45 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes	11.5 miles or 173 minutes
3	9/11/2022	Gain Speed	Hydration	4.0 miles or 60 minutes	Rest	Rest	4.0 miles or 60 minutes	3.0 miles or 45 minutes	Rest	2.0 miles or 30 minutes	13 miles or 195 minutes
2	9/18/2022	Peak Distance	Fueling	4.5 miles or 68 minutes	Rest	Rest	4.0 miles or 60 minutes	3.0 miles or 45 minutes	Rest	2.0 miles or 30 minutes	13.5 miles or 203 minutes
1	9/25/2022	Peak Distance	Overcoming Injury	5.0 miles or 75 minutes	Rest	Rest	4.0 miles or 60 minutes	3.0 miles or 45 minutes	Rest	2.0 miles or 30 minutes	14 miles or 210 minutes
0	10/2/2022	Taper	Giving/Rest	3.0 miles or 45 minutes	Rest	Rest	3.0 miles or 45 minutes	2.0 miles or 30 minutes	Rest	RACE!	14.1 miles or 213 minutes
										104 miles or 1,567 minutes (26.1 hrs)	