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5K Training Plan

Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest or Strength	1.5 m run/walk	Rest or X-train	1.5 m run	Rest or Strength	1.5 m run	2.0 M run/walk
2	Rest or Strength	1.75 m run/walk	Rest or X-train	1.5 m run	Rest or Strength	1.75 m run	2.25 M run/walk
3	Rest or Strength	2 m run/walk	Rest or X-train	1.5 m run	Rest or Strength	2 m run	2.5 M Run/Walk
4	Rest or Strength	2.25 m run/walk	Rest or X-train	1.5 m run	Rest or Strength	2.25 m run	2.75 M run/walk
5	Rest or Strength	2.5 m run/walk	Rest or X-train	2 m run	Rest or Strength	2.5 m run	3.0 M Run/walk
6	Rest or Strength	2.75 m run/walk	Rest or X-train	2 m run	Rest or Strength	2.75 m run/walk	3.25 M Run/Walk
7	Rest or Strength	5K tempo	Rest or X-train	5K Speed Drills	Rest or Strength	5K Run/Walk	Rest or X-train
8	Rest or Strength	5K tempo	Rest or X-train	5K Speed Drills	Rest or Strength	5K Run/Walk	Rest or X-train
9	Rest or Strength	5K tempo	Rest or X-train	5K Speed Drills	Rest or Strength	4.0 Mile Run	Rest or X-train
10	Rest or Strength	3 m run	Rest or X-train	2 m run	Rest or Strength	Rest	RACE DAY!!