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# 5K Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	stretch & strength	2.5 m run	30 min cross	2.0 m run + strength	Rest	40 min cross	3 m run
2	stretch & strength	2.5 m run	30 min cross	2.0 m run + strength	Rest	40 min cross	3.5 m run
3	stretch & strength	2.5 m run	35 min cross	2.0 m run + strength	Rest	50 min cross	4 m run
4	stretch & strength	3 m run	35 min cross	2.0 m run + strength	Rest	50 min cross	4 m run
5	stretch & strength	3 m run	40 min cross	2.0 m run + strength	Rest	60 min cross	4.5 m run
6	stretch & strength	3 m run	40 min cross	2.0 m run + strength	Rest	60 min cross	5 m run
7	stretch & strength	3 m run	45 min cross	2.0 m run + strength	Rest	60 min cross	5.5 m run
8	stretch & strength	3 m run	40 min cross	2.5 m run + strength	Rest	50 min cross	6.0 m Run
9	stretch & strength	30 m run	35 min cross	2.0 m run + strength	Rest	45 min cross	6.5 m run
10	stretch & strength	3 m run	30 min cross	2.0 m run + strength	Rest	Rest	<b>RACE DAY!!</b>