

<b>Name:</b>	<b>Race:</b>	<b>Date:</b>
<b>5k Beginner</b>		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	25 mins Easy / Steady run + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	4 x (2 mins Walk + 7 mins at Easy run) + Stretch	REST	30 mins Cross-Training (anything other than running) + Stretch	2 x (5 mins Brisk walk, 20 mins at Easy run, 5 mins Brisk Walk) + Stretch
Week 2	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 4 x 2 mins at Threshold effort with 90 second recovery between efforts, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	4 x (2 mins Walk + 7 mins at Easy run) + Stretch	REST	30 mins Cross-Training (anything other than running) + Stretch	2 x (5 mins Brisk walk, 20 mins at Easy run, 5 mins Brisk Walk) + Stretch
Week 3	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 5 x 2 mins at Threshold effort with 90 second recovery between efforts, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	25 mins Easy / Steady run + Stretch	REST	30 mins Cross-Training (anything other than running) + Stretch	35 minute Easy Run + Stretch
Week 4	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 30 mins at Steady effort run, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	30 mins Easy / Steady run + Stretch	REST	30 mins Cross-Training (anything other than running) + Stretch	35 minute Easy Run + Stretch
Week 5	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 5 x 3 mins at Threshold effort with 90 second recovery between efforts, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	20 mins Easy run + Stretch	REST	parkrun or 5k race	REST
Week 6	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 5 x 3 mins at Threshold effort with 60 second recovery between efforts, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	30 mins Steady run + Stretch	REST	35 mins Bike ride or 35 Cross-Training + Stretch	45 minute Easy Run + Stretch
Week 7	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 30 mins at Steady effort run, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	30 mins Easy / Steady run + Stretch	REST	35 mins Bike ride or 35 Cross-Training + Stretch	45 minute Easy Run + Stretch
Week 8	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	10 mins warm-up, 4 x 3 mins at Threshold effort with 60 second recovery between efforts, 10 mins cool-down + Stretch	Rest or 45 mins Strength & Conditioning or Yoga or Pilates + Stretch	20 mins Easy run + Stretch	REST	parkrun or 5k race	REST