

6 WEEK 5K BEGINNER TRAINING SCHEDULE

	DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WEEK 1 PLAN		1	rest	strength training	1	rest	1	rest or strength training	
TRAINER NOTES		run/walk	walk/foam roll/stretch		run/walk	walk/foam roll/stretch	run/walk	how do you feel? Rest if needed	nice work
WEEK 1 ACTUAL									
WEEK 2 PLAN		1.5	rest	strength training	1	rest	1.5	rest or strength training	
TRAINER NOTES		run/walk	walk/foam roll/stretch		run/walk	walk/foam roll/stretch	run/walk	how do you feel? Rest if needed	keep going!
WEEK 2 ACTUAL									
WEEK 3 PLAN		2	rest	strength training	1.5	rest	2	rest or strength training	
TRAINER NOTES		run/walk	walk/foam roll/stretch		run/walk	walk/foam roll/stretch	run/walk	how do you feel? Rest if needed	you got this!
WEEK 3 ACTUAL									
WEEK 4 PLAN		2.5	rest	strength training	hill repeats	rest	2.5	rest or strength training	
TRAINER NOTES		run/walk	walk/foam roll/stretch		5-6 repeats w/warm up	walk/foam roll/stretch	run/walk	how do you feel? Rest if needed	stay stong
WEEK 4 ACTUAL									
WEEK 5 PLAN		30 minutes	rest	strength training	hill repeats	rest	rest	rest	
TRAINER NOTES		run/walk	walk/foam roll/stretch		7-8 repeats w/warm up	walk/foam roll/stretch	walk/foam roll/stretch	walk/foam roll/stretch	almost there
WEEK 5 ACTUAL									
WEEK 6 PLAN		rest	5K						
TRAINER NOTES		walk/foam roll/stretch	RACE DAY!						
WEEK 6 ACTUAL									

This plan is intended for beginner or returning runners who can complete at least one mile of running. Unless otherwise indicated, all runs should be performed at "conversational" pace. Always warm up and cool down at each workout. Use at your own risk. For a custom training plan built with your experience and abilities in mind, please contact me at www.leagendersfitness.com