

5K TRAINING PLAN

3 WEEK EDITION



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 Min Cross Training	10 x 90s Run/ 1 Min Walk	Rest Day	8 x 2 Min Run/ 1 Min Walk	8 x 3 Min Run/ 1 Min Walk	Rest Day	2 Mile Run (Walking Breaks As Needed)
2	20-30 Min Cross Training	4 x 5 Min Run/ 2 Min Walk	Rest Day	3 x 6 Min Run/ 2 Min Walk	2 x 8 Min Run/ 4 Min Walk	Rest Day	3 Mile Run (Walking Breaks As Needed)
3	20-30 Min Cross Training	2 x 10 Min Run/ 4 Min Walk	Rest Day	3 x 8 Min Run/ 1 Min Walk	5 x 4 Min Run/ 30s Walk	Rest Day	5k Race!

- **Warm-Ups and Cool-Downs:** On every running day, make sure you warm up and cool down with a 5-minute walk to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Cross Training:** Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week. Your strength training workouts should be total-body workouts, focusing on compound exercises like squats, lunges, step-ups, deadlifts, push-ups, pull-ups, rows, and core exercises.

Take Control Of People In 3 Weeks Or Less

Mark Steyvers



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