Making moves
for the good of our nation's youth.

Your 5K Training Plan Tips Sheet

Congratulations on signing up for our event, we're thrilled to have you participate! To help you make the most of your race, the following calendar will help you physically prepare for the big day.

Remember, this is *your* training schedule—print it, hang it on your bathroom mirror, write on it, and keep in mind that no one knows your body better than yourself. Make adjustments as you see fit.

We'd also be remiss not to mention how important it is to focus on proper hydration, rest, and nutrition in order to have a positive training experience and feel your best come race day.
How to use this packet:

1. Print your calendar.

2. Follow the suggested training schedule.

3. Watch yourself improve and feel great!

Key Terms on Calendar

BT. Beginner Level Weekly Mileage Total

IT. Intermediate Level Weekly Mileage Total

RECOVERY DAY. It's equally important to rest your body throughout the week in order for your training to be effective. Not only will this help reduce your chances of sustaining an injury, it will also help your body bounce back from your workout and get ready for more.

Pro Tip. Consider investing in a foam roller to help you stretch out and promote circulation.

RUN DAY. Ready, set, go! The days you log miles are like the days you deposit a paycheck into the bank. With each run, you accumulate a base of experience you can withdraw from on race day.

Pro Tip. As you work out, your body breaks down muscle. To restore and rebuild, it's recommended you consume protein before and right after your workout.

CROSS-TRAINING (XT) DAY. When you complete additional types of exercise, you develop and strengthen different muscle groups from when you run. This can help prevent injury and feel like a nice way to mix up your week.

🏆 **Cross-Training Ideas. Swimming, yoga and Pilates, spin classes, weight lifting, and hiking.**

LONG, SLOW DISTANCE (LSD) DAY. Your long runs push your body into new physical fitness territory. In the following training calendar, you'll notice the LSD runs increase by a half mile each week. These workouts are an opportunity to push yourself to complete a new distance rather than focus on your mile time.

🏅 **Pro Tip. Leave the headphones at home and ask a friend to come with you, or simply take in your surroundings instead. A lack of music will allow you to better appreciate the world around you.**

ACTIVE RECOVERY DAY. Active recovery days follow your longer runs. On these days, you want to give your body a break but may still find yourself craving a workout to release some lactic acid. Complete the suggested distance for a short, easy run, or consider using this day to cross-train.

Miss a day? Be sure to practice forgiveness. Make up for it later and focus on hitting your weekly goal rather than bringing yourself down over a missed workout.

Happy running!

Your 5K Training Plan

BT. Beginner Level Weekly Mileage Total

IT. Intermediate Level Weekly Mileage Total

WEEK	MONDAY [☺ RECOVERY]	TUESDAY [RUN]	WEDNESDAY [⤭ CROSS-TRAINING]	THURSDAY [RUN]	FRIDAY [☺ RECOVERY]	SATURDAY [⚡ LSD]	SUNDAY [ACTIVE RECOVERY]	TOTAL
1	☺ REST	½ mile run ➕ ½ mile walk	⤭ XT	1 mile	☺ REST	⚡ 1 ½ miles	1 mile	BT = 4 miles
	☺ REST	1 ½ miles	⤭ XT	2 miles	☺ REST	⚡ 2 ½ miles	2 miles	IT = 8 miles
2	☺ REST	1 ½ miles	⤭ XT	1½ miles	☺ REST	⚡ 2 miles	1 mile	BT = 6 miles
	☺ REST	2 miles	⤭ XT	2 miles	☺ REST	⚡ 3 miles	2 miles	IT = 8 miles
3	☺ REST	1 ½ miles	⤭ XT	2 miles	☺ REST	⚡ 2 ½ miles	1 mile	BT = 7 miles
	☺ REST	2 miles	⤭ XT	2 ½ miles	☺ REST	⚡ 3 ½ miles	2 miles	IT = 10 miles
4	☺ REST	2 miles	⤭ XT	2 miles	☺ REST	⚡ 3 miles	1 mile	BT = 8 miles
	☺ REST	2 miles	⤭ XT	3 miles	☺ REST	⚡ 4 miles	2 miles	IT = 11 miles
5	☺ REST	2 miles	⤭ XT	2 miles	☺ REST	⚡ 3 ½ miles	1 ½ mile	BT = 9 miles
	☺ REST	3 miles	⤭ XT	3 miles	☺ REST	⚡ 4 ½ miles	2 ½ miles	IT = 12 miles
6	☺ REST	2 miles	⤭ XT	2 ½ miles	☺ REST	⚡ 4 miles	1 ½ mile	BT = 10 miles
	☺ REST	2 miles	⤭ XT	3 miles	☺ REST	⚡ 5 miles	3 miles	IT = 13 miles
7	☺ REST	2 miles	⤭ XT	2 ½ miles	☺ REST	⚡ 4 ½ miles	2 mile	BT = 11 miles
	☺ REST	2 miles	⤭ XT	3 ½ miles	☺ REST	⚡ 5 ½ miles	3 miles	IT = 14 miles
RACE WEEK	☺ REST	2 miles	⤭ XT	2 miles	☺ REST	🏆	WALK OR REST	BT = 7.1 miles
	☺ REST	2 ½ miles	⤭ XT	3 miles	☺ REST	RACE DAY	WALK OR REST	IT = 8.6 miles

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