

# 5K Training Guide



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30-40 Min Long, Easy Run/Walk	10-15 min Core, Calisthenics Stretch	20-30 Min Run/Walk	Rest	20-30 Min Run/Walk	10-15 min Core, Calisthenics Stretch	Active Recovery Activity
2	30-40 Min Long, Easy Run/Walk	10-15 min, Core Calisthenics, Stretch	20-30 Min Run/Walk	Rest	20-30 Min Run/Walk	10-15 min Core, Calisthenics Stretch	Active Recovery Activity
3	30-40 Min Long, Easy Run/Walk	10-15 min, Core Calisthenics, Stretch	20-30 Min Run/Walk	Rest	20-30 Min Run/Walk	10-15 min Core, Calisthenics Stretch	Active Recovery Activity
4	30-40 Min Long, Easy Run/Walk	10-15 min, Core Calisthenics, Stretch	20-30 Min Run/Walk	Rest	20-30 Min Run/Walk	10-15 min Core, Calisthenics Stretch	Active Recovery Activity
5	40-45 Min Long, Easy Run	10-15 min, Core Calisthenics, Stretch	30 Min Run	Rest	30-35 Min Run	15-20 min Core, Plyometrics Stretch	Active Recovery Activity
6	40-45 Min Long, Easy Run	10-15 min, Core Calisthenics, Stretch	30 Min Run	Rest	30-35 Min Run	15-20 min Core, Plyometrics Stretch	Active Recovery Activity
7	40-45 Min Long, Easy Run	10-15 min, Core Calisthenics, Stretch	30 Min Run	Rest	30-35 Min Run	15-20 min Core, Plyometrics Stretch	Active Recovery Activity
8	40-45 Min Long, Easy Run	10-15 min, Core Calisthenics, Stretch	30 Min Run	Rest	30-35 Min Run	15-20 min Core, Plyometrics Stretch	Active Recovery Activity