



# 5K

## TRAINING PLAN

Week	Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday*
1	REST	Run 3 min Walk 3 min Repeat x4	Rest or Cross-Train	Run 3 min Walk 3 min Repeat x4	REST	Rest or Cross-Train	Run 5 min Walk 3 min Repeat x3
2	REST	Run 7 min Walk 2 min Repeat x3	Rest or Cross-Train	Run 8 min Walk 2 min Repeat x3	REST	Rest or Cross-Train	Run 8 min Walk 2 min Repeat x3
3	REST	Run 9 min Walk 1 min Repeat x3	Rest or Cross-Train	Run 10 min Walk 2 min Repeat x2 Run 5 min	REST	Rest or Cross-Train	Run 8 min Walk 2 min Repeat x3
4	REST	Run 15 min Walk 1 min Repeat x2	Rest or Cross-Train	Run 12 min Walk 2 min Repeat x2 Run 5 min	REST	Rest or Cross-Train	Run 8 min Walk 2 min Repeat x3
5	REST	1.5 mile run	Rest or Cross-Train	1.5 mile run	30 min walk	Rest or Cross-Train	1.5 mile run
6	REST	1.75 mile run	Rest or Cross-Train	1.5 mile run	35 min walk	Rest or Cross-Train	1.75 mile run
7	REST	2 mile run	Rest or Cross-Train	1.5 mile run	40 min walk	Rest or Cross-Train	2 mile run
8	REST	2.25 mile run	Rest or Cross-Train	1.5 mile run	45 min walk	Rest or Cross-Train	2.25 mile run
9	REST	2.5 mile run	Rest or Cross-Train	2 mile run	50 min walk	Rest or Cross-Train	2.5 mile run
10	REST	2.75 mile run	Rest or Cross-Train	2 mile run	55 min walk	Rest or Cross-Train	2.75 mile run
11	REST	3 mile run	Rest or Cross-Train	2 mile run	60 min walk	Rest or Cross-Train	3 mile run
12	REST	3 mile run	Rest or Cross-Train	2 mile run	REST	REST	<b>Race</b>

\* Check the Run Calendar for locations and times of official Wed and Sat club runs

<http://www.carmelrunners.net/carmel-runners-club-calendar/>

**WWW.CARMELRUNNERS.NET**