



FEBRUARY
2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|---------------------------|---|--|--|
| <p>Warm up before you run, and do some light stretching afterwards! Terminology page is listed incase you have questions about the training! Have fun, and remember it's one step at a time!</p> | <p>BEGINNER & INTERMEDIATE 5K TRAINING PLAN</p> | | | <p>1 Warm Up: 5 min Walk (2X) 5 min Jog + 1 min walk (1X) 8 min jog + 2 min walk Cool Down</p> | <p>2 Cross Train OR Rest</p> | <p>3 Warm up: 5 min Walk (2X) 8 min Jog + Walk 1 min (1X) 10 min jog + 2 min walk Cool Down</p> |
| <p>4 Rest</p> | <p>5 Warm Up: 5 min Walk (2X) 10 min jog + 2 min walk (2X) 1 min run (70+%) + 2 min walk Cool Down</p> | <p>6 Cross Train OR Rest</p> | <p>7 Rest</p> | <p>8 Warm Up: 5 min Walk (2X) 12 min jog + 2 min walk (1X) 5 min jog Cool Down</p> | <p>9 Cross Train OR Rest</p> | <p>10 Warm Up: 5 min Walk (1X) 15 min jog + 2 min walk (1X) 6 min jog + 1 min fast run (70+%) Cool Down</p> |
| <p>11 Rest</p> | <p>12 Warm Up: 5 min Walk (1X) 17 min jog + 2 min walk (1X) 8 min jog + 1 min run (70+%) Cool Down</p> | <p>13 Cross Train OR Rest</p> | <p>14 Rest</p> | <p>15 Warm Up: 5 min Walk 5 min jog (2X) Intervals: 1 min run/ 1 min walk 2 min run/ 1 min walk 3 min run/ 1 min walk Cool Down</p> | <p>16 Cross Train OR Rest</p> | <p>17 Warm Up: 5 min Walk (1X) 20 min jog + 2 min walk (1X) 6 min jog Cool Down</p> |
| <p>18 Rest</p> | <p>19 Warm Up: 5 min Walk (1X) 22 min jog + 2 min walk (1X) 3 min run (60+%) Cool Down</p> | <p>20 Cross Train OR Rest</p> | <p>21 Rest</p> | <p>22 Warm Up: 5 min Walk 10 min jog (2X) Intervals: 2 min run/ 1 min walk 3 min run/ 1 min walk 4 min run/ 2 min walk Cool Down</p> | <p>23 Cross Train OR Rest</p> | <p>24 Warm Up: 5 min Walk (1X) 28-30 min jog Cool Down</p> |
| <p>25 Rest</p> | <p>26 Warm Up: 5 min Walk (1X) 20 min jog Cool Down</p> | <p>27 Cross Train OR Rest</p> | <p>28 Rest</p> | <p>29 Light exercising or active stretching, get ready for Race Day!</p> | | |



FEBRUARY
2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|-----------------------|---|---|--|
| <p>Warm up before you run, and do some light stretching afterwards!</p> <p>Terminology page is listed incase you have questions about the training! Have fun, and remember it's one step at a time!</p> | BEGINNER & INTERMEDIATE 10K TRAINING PLAN | | | <p>1</p> <p>Warm Up: 10 min walk/jog 3 miles easy Cool Down</p> | <p>2</p> <p>Warm Up: 10 min walk/jog 1 mile easy 1 mile @10k race pace 1 mile easy Cool Down</p> | <p>3</p> <p>Cross Train OR Rest</p> |
| <p>4</p> <p>Warm Up: 10 min walk/jog 2 miles easy Cool Down</p> | <p>5</p> <p>Cross Train OR Rest</p> | <p>6</p> <p>Warm Up: 10 min walk/jog 4 miles easy Cool Down</p> | <p>7</p> <p>Rest</p> | <p>8</p> <p>Warm Up: 10 min walk/jog 3 miles easy Cool Down</p> | <p>9</p> <p>Warm Up: 10 min walk/jog 1 mile easy 2 miles @10-20 sec slower than 10k pace 0.5 miles easy Cool Down</p> | <p>10</p> <p>Cross Train OR Rest</p> |
| <p>11</p> <p>Warm Up: 10 min walk/jog 2 miles easy Cool Down</p> | <p>12</p> <p>Cross Train OR Rest</p> | <p>13</p> <p>Warm Up: 10 min walk/jog 5 miles easy Cool Down</p> | <p>14</p> <p>Rest</p> | <p>15</p> <p>Warm Up: 10 min walk/jog Intervals: 1X1200 2X800 2X400 1/4 mile recovery between each interval 10 min Cool Down</p> | <p>16</p> <p>Warm Up: 10 min walk/jog 3 miles easy Cool Down</p> | <p>17</p> <p>Cross Train OR Rest</p> |
| <p>18</p> <p>10-15 min light jog 3 miles tempo run @10-20 sec slower than 10k pace 10-15 min light jog for cool down</p> | <p>19</p> <p>Cross Train OR Rest</p> | <p>20</p> <p>Warm Up: 10 min walk/jog 6 or 7 miles long run Cool Down</p> | <p>21</p> <p>Rest</p> | <p>22</p> <p>Warm Up: 10 min walk/jog Intervals: 2X1200- R 1/2mile 4X800- R 1/4mile 2X400- R 200m X (R)ecovery jog between each interval 10 min Cool Down</p> | <p>23</p> <p>Warm Up: 10 min walk/jog 4 miles easy Cool Down</p> | <p>24</p> <p>Cross Train OR Rest</p> |
| <p>25</p> <p>Warm Up: 10 min walk/jog 4 miles easy Cool Down</p> | <p>26</p> <p>Cross Train OR Rest</p> | <p>27</p> <p>Warm Up: 10 min walk/jog 3 miles easy Cool Down</p> | <p>28</p> <p>Rest</p> | <p>29</p> <p>Light exercising or active stretching, get ready for Race Day!</p> | | |