

## Train for a 5K or 10K!

Count back four weeks from race day to begin your training. On cross-training days, swim, bike, inline skate, or use the elliptical. You rock!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
WEEK 1	<b>5K</b> Rest or cross-train	Alternate 1/2-mile run with 4-minute walk (3X). 1-mile walks to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Rest or cross-train.	Alternate 1/2-mile run with 4 mins walk (4X). 1-mile walk to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Long run at an easy pace, 1-1 1/2 miles
	<b>10K</b> Rest or cross-train	2 miles easy running	Alternate 1/2-mile run at race pace* with 4 mins walk (4X). 1-mile walks to warm up, cool down	Rest or cross-train	2 miles running on a hilly course	2-3 miles walking	Long run at an easy pace, 3-4 miles
WEEK 2	<b>5K</b> Rest or cross-train	Alternate 1/2-mile run with 4-minute walk (4X). 1-mile walks to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Rest or cross-train	Alternate 1-mile run with 4-minute walk (4X). 1-mile walks to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Long run at an easy pace, 1 1/2-2 miles
	<b>10K</b> Rest or cross-train	3 miles easy running	Alternate 1-mile run at race pace with 4-minute walk (2X). 1-mile walks to warm up, cool down	Rest or cross-train	2 miles at race pace	2-3 miles walking	Long run at an easy pace, 4-5 miles
WEEK 3	<b>5K</b> Rest or cross-train	Alternate 1/2-mile run with 4-minute walk (4X). 1-mile walks to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Rest or cross-train	Alternate 1-mile run with 4-minute walk (3X). 1-mile walks to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Long run at an easy pace, 2-2 1/2 miles
	<b>10K</b> Rest or cross-train	3 miles easy running	Alternate 1/2-mile run at race pace with 4-minute walk (6X). 1-mile walks to warm up, cool down	Rest or cross-train	3 miles running on a hilly course	2-3 miles walking	Long run at an easy pace, 5-6 miles
WEEK 4	<b>5K</b> Rest or cross-train	Alternate 1/2-mile run at race pace* with 4-minute walk (3X). 1-mile walks to warm up, cool down	Cross-train and/or strength-train, 30-60 minutes	Rest or cross-train	Alternate 1/2-mile run at race pace with 4-minute walk (4X). 1-mile walks to warm up, cool down	1-2 miles walking on the race course	Race Day!
	<b>10K</b> Rest or cross-train	3 miles easy running	3 miles at race pace	Rest or cross-train	3 miles easy running	2-3 miles walking on the race course	Race Day!

\*Your goal pace for the actual race

## Train for a half marathon!

Begin your training eight weeks before race day. Swim, bike, inline skate, or use the elliptical on cross-training days. You can do it!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
WK 1	Rest or cross-train	3 miles easy running	5 miles easy running	Rest or cross-train	4 miles running on a hilly course	3 miles easy running	Long run at an easy pace, 5-6 miles
WK 2	Rest or cross-train	3 miles easy running	Alternate 1/2-mile run (faster than race pace*) with 2-minute jog (4X). 1-mile jogs to warm up, cool down	Rest or cross-train	4 miles running at race pace*	3 miles easy running	Long run at an easy pace, 6-7 miles
WK 3	Rest or cross-train	3 miles easy running	Alternate 1/2-mile run (faster than race pace) with 2-minute jog (6X). 1-mile jogs to warm up, cool down	Rest or cross-train	5 miles running on a hilly course	3 miles easy running	Long run at an easy pace, 7-8 miles
WK 4	Rest or cross-train	3 miles easy running	Alternate 1-mile run (faster than race pace) with 2-minute jog (3X). 1-mile jogs to warm up, cool down	Rest or cross-train	5 miles running at race pace	3 miles easy running	Long run at an easy pace, 8-9 miles
WK 5	Rest or cross-train	3 miles easy running	Alternate 1-mile run (faster than race pace) with 2-minute jog (3X). 1-mile jogs to warm up, cool down	Rest or cross-train	6 miles running on a hilly course	3 miles easy running	Long run at an easy pace, 9-10 miles
WK 6	Rest or cross-train	3 miles easy running	Alternate 1/2-mile run (faster than race pace) with 2-minute jog (6X). 1-mile jogs to warm up, cool down	Rest or cross-train	6 miles running at race pace	3 miles easy running	Long run at an easy pace, 10-11 miles
WK 7	Rest or cross-train	3 miles easy running	Alternate 1-mile run (faster than race pace) with 2-minute jog (3X). 1-mile jogs to warm up, cool down	Rest or cross-train	5 miles running on a hilly course	3 miles easy running	Long run at an easy pace, 11-12 miles
WK 8	Rest or cross-train	3 miles easy running	4 miles running at race pace	Rest or cross-train	4 miles easy running	3 miles easy running	Race Day!

\*Your goal pace for the actual race