

# 5 Week 5K Training Plan

By: Beth Whalen

Race: October 29th

## WEEK #1

Day	Time	Location	Workout
Tuesday	You Decide	On Your Own	4X6 minutes @ a 10K pace (4 minute jog/walk/ Rest) or 2 X 8 minutes @ 10K pace (4 minute jog/ walk/ rest)
Thursday	630 pm	Revolutions	Track: 3 X 1200 (3 min walk/jog in between) First 1200: Run the 1st lap fast. Second 1200: Run the 2nd lap fast. Third 1200: Run the 3rd lap fast.
Saturday	730 am	Calvary Chapel	3 Mile Run/Walk @ Beach

## WEEK #2

Day	Time	Location	Workout
Tuesday	You Decide	On Your Own	4X6 minutes @ a 10K pace (4 minute jog/walk/ Rest) or 2 X 8 minutes @ 10K pace
Thursday	630 pm	Revolutions	Track: 4 X 300 (1 min jog in between) If more advanced try 5 minute recovery 5 laps job cureces and stride straights.
Saturday	730 am	Calvary Chapel	4 Mile Run/Walk @ Beach

## WEEK #3

Day	Time	Location	Workout
Tuesday	You Decide	On Your Own	4X6 minutes @ a 10K pace (4 minute jog/walk/ Rest) or 2 X 8 minutes @ 10K pace (4 minute jog/walk/ Rest)
Thursday	630 pm	Revolutions	Track: 4 X 400 @ 5K pace with 2-3 minute jog/walk inbetween sets (jog/walk 5 minutes) 4X 200 at 1 mile race pace
Saturday	730 am	Calvary Chapel	4 Mile Run/Walk @ Beach

## WEEK #4

Day	Time	Location	Workout
Tuesday	You Decide	On Your Own	4X6 minutes @ a 10K pace (4 minute jog/walk/ Rest) or 2 X 8 minutes @ 10K pace (4 minute jog/walk/ Rest)
Thursday	630 pm	Revolutions	Track: 2 - 3 X 800 alternating fast 200's (3K pace) and slow 200 (half marathon pace) 3 minute jog/rest inbetween
Saturday	730 am	Calvary Chapel	3-6 mile beach run

**WEEK #5**

Day	Time	Location	Workout
Tuesday	You Decide	On Your Own	4X6 minutes @ a 10K pace (4 minute jog/walk/ Rest) or 2 X 8 minutes @ 10K pace (4 minute jog/walk/ Rest)
Thursday	630 pm	Revolutions	Track: 8 X 200 (5K race pace) First 2 200's rest- 60 seconds. 3 & 4 rest- 50 seconds. 5 & 6 rest 40 seconds. 7 & 8 rest 30 seconds.
Saturday	730 am	Calvary Chapel	Distance run of 3-5 miles

**Revolutions; Location:** 6300 N. Wickham Road Suite 135 Melbourne, FL 32940