

**4 Week Training Plan**

**0-5k Training: Starting from zero, haven’t run in a while, or still working your way up to running a 5k? Choose this plan!**

**Zero to 5k Training:**

Plan on three runs per week, spaced out by 48 hours minimum. On non running days, rest or cross training is recommended. Cross training can be any cardio activity other than running: swimming, biking, hiking, rowing, etc. Rest or active recovery can be anything from total rest, light walking, or yoga/stretching. Make sure you are getting at least one rest/active recovery day per week!

**Week 1**

Day 1 Long Run: 20 minutes, alternate between walking at a brisk pace for 2 minutes and running for 2 minutes

Day 2 Tempo Run: 20 minutes, aim to run the whole time, choose a pace that allows you to run the whole time but is challenging

Day 3 Distance Run: 1.5 miles

**Week 2**

Day 1 Long Run: 25 minutes, alternate between walking at a brisk pace for 2 minutes and running for 3 minutes

Day 2 Tempo Run: 20 minutes, aim to run the whole time, choose a pace that allows you to run the whole time but is challenging, try to match or beat the distance from last week’s tempo run

Day 3 Distance Run: 2 miles

**Week 3**

Day 1 Long Run: 30 minutes, alternate between walking at a brisk pace for 2 minutes and running for 4 minutes

Day 2 Tempo Run: 20 minutes, aim to run the whole time, choose a pace that allows you to run the whole time but is challenging, try to match or beat the distance from last week’s tempo run

Day 3 Distance Run: 2.5 miles

**Week 4**

Day 1 Long Run: 20 minutes, alternate between walking at a brisk pace for 1 minute and running for 4 minutes

Day 2 Tempo Run: 20 minutes, aim to run the whole time, choose a pace that allows you to run the whole time but is challenging, try to match or beat the distance from last week’s tempo run

Day 3 Distance Run: 3 miles, remember your pace for race day

**Competition Week**

Day of competition:

Stretch and do dynamic warm ups before/during bench press portion

First 5 minutes: slowly ramp up your pace to your 3 mile pace from last week’s run

Last .5 Miles: up the pace if you have enough energy left in the tank and finish strong