

8 week Training Program - 5K -Level Beginner runner							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	cross train 30 mins.	2 miles	OFF	2 miles	easy 30 min. walk	2.5 miles	30 min. walk or bike
2	cross train 30 mins.	2 miles	OFF	2 miles	easy 30 min. walk	2.75 miles	30 min. walk or bike
3	cross train 30 mins.	2 miles	OFF	2 miles	easy 30 min. walk	3 miles	45 min walk or bike
4	cross train 30 mins.	2.5 miles	OFF	2 miles	easy 30 min. walk	3 miles	45 min walk or bike
5	cross train 30 mins.	2.5 miles	OFF	2.5 miles	easy 30 min. walk	3.5 miles	60 min walk or bike
6	cross train 30 mins.	3 miles	OFF	2.5 miles	easy 30 min. walk	3.5 miles	60 min walk or bike
7	cross train 30 mins.	3 miles	OFF	3 miles	easy 30 min. walk	4 mile	60 min walk or bike
8	cross train 30 mins.	3 miles	OFF	3 miles	Off	RACE!	Day off!

This training program is for the beginner runner, someone who currently runs 2 miles comfortably . This program can also be used for a true beginner who adds walking breaks. You would simply run/walk the above stated mileage.

This is a 3 day per week running program with 3 days of cross training. All workouts for beginners are done at a conversational pace.

Always stretch after each workout. If you feel any pain, stop immediately. If you feel sluggish on a particular day choose to listen to your body and take an extra day of rest that week.