



GO THE
DISTANCE

Training for a 5K? Crush it with this 8-week training plan

Managing your effort

In preparation for your race, you're going to start training eight weeks before the event and run three days each week with at least one rest day in between. If you need to adjust the exact days, that's fine. Just make sure to maintain your rest days.

The goal of the program is to improve your speed and endurance gradually, with your progress ultimately peaking just in time for your race.

Listen to your body

For many of the runs, we'll be using the rate of perceived exertion (RPE) to manage your level of effort. Essentially, RPE is a scale from zero to 10, where zero would be how much effort it takes you to sit in a chair and do nothing. Somewhat predictably, 10 would be your absolute maximum effort.

The beauty of using RPE is that it's entirely subjective based on how you're feeling on any given day, which brings up an important point: Throughout your training, it's important to listen to your body and adjust accordingly. It's OK, even encouraged, to tailor this plan to your running experience and goals!

HIIT days

You'll also notice that one day each week is dedicated to high-intensity interval training (HIIT) as a means of increasing your strength and speed. This particular workout consists of one-minute reps that look like this:

Walk for 30 seconds

Jog slowly for 20 seconds

Run fast for 10 seconds

Those reps are then grouped into sets with two-minute walks in between for recovery. Throughout the course of the program, we'll adjust the number of sets and reps to emphasize different aspects of your fitness.



8-WEEK 5K RACE TRAINING PLAN



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 3x3 Cold down: 5 min walk	REST	Distance Run 2.85K/1.77mi 4-5 RPE	REST	REST
WEEK 2	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 3x4 Cold down: 5 min walk	REST	Distance Run 3.15K/1.95mi 4-5 RPE	REST	REST
WEEK 3	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 3x5 Cold down: 5 min walk	REST	Distance Run 3.5K/2.17mi 4-5 RPE	REST	REST
WEEK 4	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 4x5 Cold down: 5 min walk	REST	Distance Run 4K/2.48mi 4-5 RPE	REST	REST



8-WEEK 5K RACE TRAINING PLAN



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 5x5 Cold down: 5 min walk	REST	Distance Run 4.5K/2.8mi 4-5 RPE	REST	REST
WEEK 2	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 5x5 Cold down: 5 min walk	REST	Distance Run 5K/3.1mi 4-5 RPE	REST	REST
WEEK 3	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 4x5 Cold down: 5 min walk	REST	Distance Run 5K/3.1mi 4-5 RPE	REST	REST
WEEK 4	Recovery Run 30 minutes 6-7 RPE	REST	HIIT Warm up: 5 min jog 3x5 Cold down: 5 min walk	REST	REST	RACE DAY	REST

