

# First 5k

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 8	XT or Rest	15 Min E	XT or Rest	15 Min E	Rest	15 Min E	18 Min LR
Week 7	XT or Rest	15 Min E	XT or Rest	20 Min E w/ 4 S	Rest	15 Min E	22 Min LR
Week 6	XT or Rest	20 Min E	XT or Rest	20 Min E w/4 HS	Rest	15 Min E	25 Min LR
Week 5	XT or Rest	20 Min E	XT or Rest	25 Min E w/ 6 S	Rest	15 Min E	30 Min LR
Week 4	XT or Rest	20 Min E	XT or Rest	25 Min E w/ 6 HS	Rest	15 Min E	30 Min LR
Week 3	XT or Rest	25 Min E	XT or Rest	30 Min E w/ 6 S	Rest	15 Min E	35 Min LR
Week 2	XT or Rest	30 Min E	XT or Rest	30 Min E w/ 6 HS	Rest	15 Min E	45 Min LR
Race Week	XT or Rest	30 Min E	XT or Rest	20 Min E w/ 4 S	Rest	5K RACE!	

There's nothing quite as exhilarating—or nerve-racking—as your first race. But fear not! Simply follow this schedule, and you will be 5k-ready in 8 weeks—no prior race experience required.

You are ready for this plan if you can complete a 15-minute run comfortably and have been training consistently for a

few months. Your 5k goal should be to cover the distance and have fun. If you are like many first timers, you may be worried about coming in last. Don't be. Many 5ks attract walkers, so the chances of being the last one to cross the finish line are pretty slim. Even if you are, you'll be too proud and happy to care.