5K Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	6-10 x 400m @ HM-10K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	8 x 200 @ 5K - Mile w/ 200m jog recovery	45 - 60 min
2	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	4 x 5 min @ HM w/ 1:30 min recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	8 -10 x 30 sec hill w/ jog down recovery	45 - 60 min
3	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	3-5 x 1 mile @ HM w/ 1 min walk recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	2 x 500, 400, 300, 200 @ 5K/Mile w/ previous distance jog recovery (i.e. 500 @ Mile, 500 recovery, 400m @ Mile, 400m recovery) first set @ 5K, second set @ Mile	60 - 70 min
4	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	45 min run	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	4 x 800/300 @ 5K/Mile w/ 100m/400m jog recovery (i.e. 800 @ 5K, 100m jog, 300 @ Mile, 400m jog)	8
5	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	2 x 10 min @ HM w/ 1:30 recovery + 4 x 1 min @ 5K-Mile w/ 2 min jog recovery	PT / Power Focused Lift	30 min run or 45 - 60 min cross-train	8 -10 x 30 sec hill w/ jog down recovery	10
6	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	8-10 x 400m @ 10K-5K w/ 400m jog recovery	PT / Power Focused Lift	30 min run or 45 - 60 min cross-train	12-14 x 200 @ 5K - Mile w/ 200m jog recovery	8
7	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	45 min run	PT / Power Focused Lift	30 min run or 45 - 60 min cross-train	3000m @ 5K, 5 min jog recovery, 2 x 600/200 @ 5K/Mile w/ 200m/400m jog recovery (600 @ 5K, jog 200m, 200 @ Mile, jog 400m - REPEAT)	45 - 60 min
8	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	1 Mile @ 5K, 2 min 10 min @ HM, 2 2 x 200m @ Mile w/ 2 min	PT / Power Focused Lift	30 min + 2 x 200m strides @ 5K for Rhythm	**5K**	30 min