

**Beginner 5K Plan**

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| **Week** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1 | 15-20 minutes cardio;  Lift 1 | Base Walk-Run: 1 mile | Lift 2 | Base Walk-Run: 1.5 miles | 15-20 minutes cardio | Base Walk-Run: 2 miles | XTrain or Rest |
| 2 | 15-20 minutes cardio;  Lift 1 | 1.5-2 miles | Lift 2 | 1.5-2 miles | 15-20 minutes cardio | 2-3 miles | XTrain or Rest |
| 3 | 15-20 minutes cardio;  Lift 1 | 1.5-2 miles | Lift 2 | 1.5-2 miles | 15-20 minutes cardio | 2-3 miles | XTrain or Rest |
| 4 | 20-30 minutes cardio:  Lift 1 | 2-3 miles | Lift 2 | 2-3 miles | 20-30 minutes cardio | 3-4 miles | XTrain or Rest |
| 5 | 20-30 minutes cardio:  Lift 1 | 2-3 miles | Lift 2 | 2-3 miles | 20-30 minutes cardio | 3-4 miles | XTrain or Rest |
| 6 | 20-30 minutes cardio;  Lift 3 | 2-3 miles | Lift 4 | 2-3 miles | 20-30 minutes cardio | 3-4 miles | XTrain or Rest |
| 7 | 30 minutes cardio;  Lift 3 | 3-4 miles | Lift 4 | 3-4 miles | 30 minutes cardio | 3-4 miles | XTrain or Rest |
| 8 | 30 mins cardio;  Lift 3 | 2 miles | Lift 4 | 2 miles | 30 minutes cardio | 3-4 miles | XTrain or Rest |

Training Log Terminology: See next page

\*Base Run – practice runs at your own comfortable pace. Will use this to test your abilities and see if your program needs to be modified- record how long it takes you to cover these distances and report them back to your coaches. This should be “intentional purpose” pace and not a leisurely pace, however it should not be difficult and breathless. You should be able to speak in sentences, but it should not be a casual effort.

\*XTrain = Cross Train i.e. weights, yoga, swim, etc

\***Walk-run schedule**

**Training Meetups:**

**Mondays – Starr Hill (6:15pm)**

**Fridays- Chris’s Coffee & Custard (8:30am)**

**Saturdays- Reserve (8:00am)**

**Willing to lead a group in your neck of the woods? Email** [**training@runaboutroanoke.com**](mailto:training@runaboutroanoke.com)**. All you need is the willingness to welcome other folks to join you and a somewhat consistent schedule. We are happy to add more to the schedule!**