	No Boundaries Beginner 5K & 10K	Goal (Beginner)	Goal (Intermediate)	Goal (Advanced)
Goal Descpition	**Learn to run or walk, begin a healthy lifestyle journey** - challenge yourself to a new movement goal - complete a 5K or 10K	**Complete the training safely and finish the race healthy smiling**, pace and time goals are not important, staying safe throughout training and having fun on race day	**Continue an active life through running or walking and finish another race** - enjoy the process, train with intention and have fun doing it	**Explore new limits, train hard with a time goal in mind** - push yourself to train and race at new level
Number of Runs per Week	**3 Days**	**3 Days**	**4-5 Days**	**4-6 Days**
First Long Run Distance	**0-1 5K, 2 10K**	**4 Half, 6 Full**	**5 Half, 8 Full**	**7 Half, 10 Full**
Peak Weekly Milage	**8 5K, 13 10K**	**26 Half, 38 Full**	**31 Half, 45 Full**	**48 Half, 63 Full**
Longest Long Runs	**3.5 5K, 6.5 10K**	**12 Half, 20 Full**	**12 Half, 20 Full**	**15 Half, 22 Full**
Types of Workouts (# of Reps vary per Plan)	**Mobility, Strength, Hills**	**Hills, Fartlek, Strength Training, Long Run**	**Hills, Fartlek, Strength Training, Long Run**	**Hills, Fartlek, Strength Training, Long Run**