



5K TRAINING PLAN

Week	MON Cross Training	TUE Speed/Strength Run	WED Rest/Stretch	THU Easy Run	FRI Cross Training	SAT Long Run	SUN Rest/Stretch
1	30 - 40 minutes	1 mile time trial	Rest/Stretch	35 minutes	30 - 40 minutes	40 minutes	Rest/Stretch
2	30 - 40 minutes	Ladder Run	Rest/Stretch	40 minutes	30 - 40 minutes	45 minutes	Rest/Stretch
3	30 - 40 minutes	One on, One off	Rest/Stretch	40 minutes	30 - 40 minutes	50 minutes	Rest/Stretch
4	30 - 40 minutes	5 x 400m	Rest/Stretch	40 minutes	30 - 40 minutes	40 minutes	Rest/Stretch
5	30 - 40 minutes	Fartlek	Rest/Stretch	45 minutes	30 - 40 minutes	55 minutes	Rest/Stretch
6	30 - 40 minutes	Progression Run	Rest/Stretch	45 minutes	30 - 40 minutes	60 minutes	Rest/Stretch
7	30 minutes	Circuit Run	Rest/Stretch	30 minutes	30 - 40 minutes	40 minutes	Rest/Stretch
Race Week	Rest/Stretch	30 minutes	30 minutes cross train	Rest/Stretch	20 minute shakeout run	5K Race	Rest/Stretch



Come Run With Us

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