

# run.B.fit

## 8-Week 5K Training Program

Week	DAY 1	DAY 2	DAY 3	Total Mileage	Training Block	Weekly Results:
<b>Overview</b>	<b>MID DISTANCE RUN</b>	<b>SPEED RUN</b>	<b>LONG DISTANCE RUN</b>			
<b>WEEK 1:</b>	1 Mile	5 min warmup jog 5 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	2 Miles	5 Miles	<b>1</b>	
<b>WEEK 2:</b>	1 Mile	5 min warmup jog 5 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	3 Miles	6 Miles		
<b>WEEK 3:</b>	2 Miles	5 min warmup jog 5 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	4 Miles	8 Miles		
<b>WEEK 4:</b>	2 Miles	5 min warmup jog 5 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	2.5 Miles	6.5 Miles		
<b>WEEK 5:</b>	3 Miles	5 min warmup jog 8 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	4 Miles	9 Miles	<b>2</b>	
<b>WEEK 6:</b>	3 Miles	5 min warmup jog 8 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	5 Miles	10 Miles		
<b>WEEK 7:</b>	2 Miles	5 min warmup jog 8 min @ 30sec slower than goal race pace 5 min cooldown jog =1-2 Miles (estimate)	3 Miles	7 Miles		
<b>WEEK 8:</b>	2 Miles	2 Miles Easy	<b>5K @ Race Pace</b>	7.2		

**Mid Distance Run:** The goal of this run is to increase your mileage throughout the week. This run should be held at a comfortable pace, about 1 minute slower than goal race pace

**Speed Run:** This workout is most important for training for your goal pace! Begin with a warmup jog, followed by the designated duration at a pace 30 seconds slower than your goal race pace (example: if your goal 5K finish time is 30 minutes, your race pace is 10min/mile. You would complete this speed workout at a 10:30min/mile pace). Finish with an easy cooldown jog.

**Long Distance Run:** Try not to pay attention to your pace during this run. You should feel good and able to have a conversation while running this pace. The goal of this day is to get your legs used to running this distance, its not a race- take your time and enjoy this pace! Do this run about 2 minutes slower than goal race pace.

Created by Bethann Wittig, 2019.  
www.runbfit.com

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