

Training Plan – 5K

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8 week Training Schedule (Distance in Miles)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	1	Cross Train	1	Rest	1	1.5	Rest
2	1	Cross Train	1	Rest	1	1.5	Rest
3	1	Cross Train	1.5	Rest	1	2	Rest
4	1	Cross Train	1.5	Rest	1	2.5	Rest
5	1.5	Cross Train	2	Rest	1	2.5	Rest
6	1.5	Cross Train	2	Rest	1.5	3	Rest
7	1.5	Cross Train	2	Rest	1.5	3	Rest
8	1	Cross Train	1.5	Rest	1	RACE	Rest

This beginner level program is designed to gradually build your mileage and get you across the finish line. To design an advanced program, contact Bellin Health running expert Nate Vandervest at (920) 430-4756 or nhvand@bellin.org.