## Training Plan - 5 Mile <br> Powered by: bellinh health

## 8 week Training Schedule (Distance in Miles)

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\mathbf{1}$ | Rest | 1.5 | Cross Train | 1.5 | Rest | 2 | $1.5-2$ |
| $\mathbf{2}$ | Rest | 2 | Cross Train | 2 | Rest | 2.5 | $1.5-2$ |
| $\mathbf{3}$ | Rest | 2.5 | Cross Train | 2.25 | Rest | 3 | 2 |
| $\mathbf{4}$ | Rest | 3 | Cross Train | $2.5-3$ | Rest | 3.5 | 2 |
| $\mathbf{5}$ | Rest | 3.5 | Cross Train | $2.5-3$ | Rest | 4 | 2 |
| $\mathbf{6}$ | Rest | 4 | Cross Train | $3-4$ | Rest | 4.5 | 2 |
| $\mathbf{7}$ | Rest | 4 | Cross Train | $3.5-4$ | Rest | $4.5-5$ | 2 |
| $\mathbf{8}$ | Rest | 2.5 | Cross Train | $2(e a s y$ <br> pace) | Rest | RACE |  |

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.

