

5 week Training Plan – Lifeline’s R(un) for One 5K							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/22-8/28	Run 1.0 mile	Cross Train	Interval Run 1.25 mile	Rest	Cross Train	Run 1.5 miles	Rest
8/29-9/4	Run 1.5 Miles	Cross Train	Hill Run 2 miles	Rest	Cross Train	Run 2.5 miles	Rest
9/5-9/11	Run 2 Miles	Cross Train	Interval Run 2.5 Miles	Rest	Cross Train	Run 3.1 miles	Rest
9/12-9/18	Run 2.5 miles	Cross Train	Hill Run 3.1 miles	Rest	Cross Train	Run 3.25 miles	Rest
9/19-9/24	Run 3 miles	Cross Train	Easy Run 2 miles	Rest	Stretch/Foam Roll Easy Walk	RACE DAY!	

- **Running Days** - do any combination of running and walking that works for you. You can run 1 min/walk 1 min and then start adding to the amount of time that you run. So run 2 mins walk 1 min. Keep extending till you can run longer periods.
- **Interval Days** - you’ll want to push the pace on these days. Run faster for 30 seconds/then walk or slow down for 1 minute. You can increase the length of the rest and interval periods
- **Hill Run Days**- you will start with a .5 mile warm up, then find a hill and practice running up the hill, then walk back down. You can do this multiple times and then finish with about a .5 mile cool down.
- **Cross training days** - you can do strength training or any other form of cross training (pilates, core work, yoga, stretching, walks, bike etc). Pay special attention to strengthening your hips with side to side movements.
- Make sure you stretch well after each run (especially your hips). Make sure you warm up and cool down before and after each run.
- On Race Day - smile and have fun! You’ve worked hard so enjoy the run!