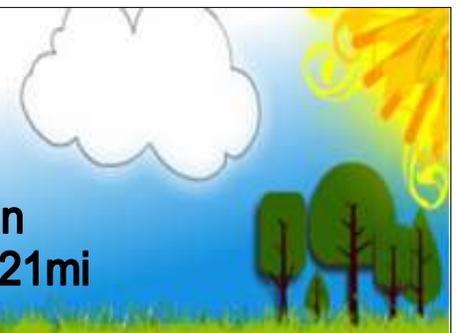




AdventureGeek
p r o d u c t i o n s

8 Week 5k Training Plan

Goal race time ~ 25min
Weekly Distances 13mi - 21mi



Day 1 2mi EZ	Day 2 Rest or C/T	Day 3 ~4mi Speed work 3 x 800m @3:56 w/ 400m jog b/w	Day 4 ~2mi EZ	Day 5 Rest or C/T	Day 6 5mi LR	Day 7 Rest or C/T	WK 1 ~13mi	~ = approx b/w = between C/T= Cross Train (Swim, plyometrics, cycle, abs, push-ups) see our training page for C/T tips. EZ = easy LR = Long Run
Day 8 3mi EZ	Day 9 Rest or C/T	Day 10 ~5mi Tempo 3mi @ 8:45	Day 11 2mi EZ	Day 12 Rest or C/T	Day 13 6mi LR	Day 14 Rest or C/T	WK 2 ~16mi	
Day 15 3mi EZ	Day 16 Rest or C/T	Day 17 ~5mi Speed work 2 x 1mile @8:20 w/800m jog b/w	Day 18 2mi EZ	Day 19 Rest or C/T	Day 20 7mi LR	Day 21 Rest or C/T	WK 3 ~17mi	
Day 22 5mi EZ	Day 23 Rest or C/T	Day 24 5mi EZ	Day 25 Rest or C/T	Day 26 Rest	Day 27 4mi EZ	Day 28 Rest	WK 4 ~14mi	

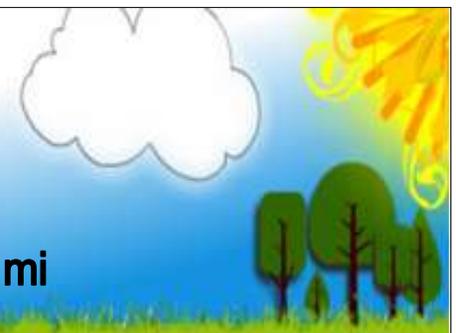
Please consult with your health care provider for before starting this or any endurance training plan.



AdventureGeek
p r o d u c t i o n s

8 Week 5k Training Plan

Goal race time ~ 25min
Weekly Distances 13mi - 21mi



Day 29 3mi EZ	Day 30 Rest or C/T	Day 31 ~5mi Speed work. 4x800m @3:48 w/ 400m jog b/w	Day 32 3mi EZ	Day 33 Rest or C/T	Day 34 7mi LR	Day 35 Rest	WK 5 ~18mi	-Add a warm up, dynamic stretching and drills before every Speed work & Tempo workout and a cool down after -Hit the trails on 1 or 2 of your EZ days.
Day 36 3mi EZ	Day 37 Rest or C/T	Day 38 ~6mi Tempo Run. 4mi @8:40	Day 39 3mi EZ	Day 40 Rest or C/T	Day 41 8mi LR	Day 42 Rest or C/T	WK 6 ~20mi	
Day 43 3mi EZ	Day 44 Rest or 3mi EZ	Day 45 ~6mi Speed work. 3 x 1 mile @8:15 w/ 800m jog b/w	Day 46 Rest or C/T	Day 47 2mi EZ	Day 48 8mi LR	Day 49 Rest or C/T	WK 7 ~21mi	
Day 50 Rest or C/T	Day 51 3mi EZ	Day 52 3mi EZ	Day 53 4mi Speed work. 4x800m @3:40 w/ 400m jog b/w	Day 54 Rest or C/T	Day 55 2mi EZ	Day 56 5K Race Day! Adventure Geek Out!	WK 8 ~16mi	

Please consult with your health care provider for before starting this or any endurance training plan.