



5k Training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 mile run	1 mile run or Cross Train	1 mile run	Rest	Cross Train	1.5 mile run	Rest
2	1 mile run	1 mile run or Cross Train	1 mile run	Rest	Cross Train	1.5 mile run	Rest
3	1.5 mile run	1 mile run or Cross Train	1.5 mile run	Rest	Cross Train	2 mile run	Rest
4	1.5 mile run	1 mile run or Cross Train	1.5 mile run	Rest	Cross Train	2 mile run	Rest
5	2 mile run	1 mile run or Cross Train	2 mile run	Rest	Cross Train	2.5 mile run	Rest
6	2 mile run	1 mile run or Cross Train	2 mile run	Rest or easy run	Rest	5k Race	Rest
7	2.5 mile run	1.5 mile run or Cross Train	2.5 mile run	Rest	Cross Train	2.5 mile run	Rest
8	2.5 mile run	1.5 mile run or Cross Train	2.5 mile run	Rest	Cross Train	2.5 mile run	Rest
9	3 mile run	1.5 mile run or Cross Train	3 mile run	Rest or easy run	Cross Train	3 mile run	Rest
10	3 mile run	1.5 mile run or Cross Train	3 mile run	Rest	Cross Train	3 mile run	Rest
11	3 mile run	1.5 mile run or Cross Train	3.5 mile run	Rest	Cross Train	3 mile run	Rest
12	1.5 mile run	1 mile run or Cross Train	1 mile run	Rest	Rest	5k Race	Rest

Cross Training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness. For example, weight training, hiking, swimming, biking, etc.