



6 Week 5k Training Plan

This plan is for you if you are new to or returning to running after a long break.

For personalized training with virtual and local in-person options, contact Plateau Racing, our Official Training Partner. www.plateauracing.com/



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest, stretch &/ restorative yoga	30 min of lower-body strength training	WALK 20 min easy pace	Rest, stretch &/ restorative yoga	WALK easy 5 min, RUN 1 min/WALK 1 min for 10 min, WALK easy 5 min	30 min of upper-body strength training	WALK easy 5 min, RUN 1 min/WALK 1 min for 10 min, WALK easy 5 min
Week 2	30 min of physical activity of your choice	30 min of lower-body strength training	WALK 30 min easy pace	Rest, stretch &/ restorative yoga	WALK easy 5 min, RUN 1 min/WALK 1 min for 10 min, WALK easy 5 min	30 min of upper-body strength training	WALK easy 5 min, RUN 1 min/WALK 1 min for 10 min, WALK easy 5 min
Week 3	30 min of physical activity of your choice	30 min of lower-body strength training	WALK 30 min hard pace	Rest, stretch &/ restorative yoga	WALK easy 5 min, RUN 2 min/WALK 1 min for 21 min, WALK easy 5 min	30 min of upper-body strength training	WALK easy 5 min, RUN 2 min/WALK 1 min for 20 min, WALK easy 5 min
Week 4	30 min of physical activity of your choice	30 min of lower-body strength training	WALK 40 min easy pace	Rest, stretch &/ restorative yoga	WALK easy 5 min, RUN 2 min/WALK 1 min for 30 min, WALK easy 5 min	30 min of upper-body strength training	WALK easy 5 min, RUN 2 min/WALK 1 min for 30 min, WALK easy 5 min
Week 5	30 min of physical activity of your choice	30 min of lower-body strength training	WALK 40 min hard pace	Rest, stretch &/ restorative yoga	WALK easy 5 min, RUN 3 min/WALK 1 min for 32 min, WALK easy 5 min	30 min of upper-body strength training	WALK easy 5 min, RUN 3 min/WALK 1 min for 32 min, WALK easy 5 min
Week 6	Rest, stretch &/ restorative yoga	30 min of lower-body strength training	RUN easy 5 min, RUN hard 15 min, WALK easy 5 min	Rest, stretch &/ restorative yoga	WALK easy 5 min, RUN 2 min/WALK 1 min for 21 min, WALK easy 5 min	30 min of upper-body strength training	RACE DAY!