



12 Week 15k Training Plan

This plan is for you if you have some experience running and can comfortably complete a 5k.

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



	SUN	MON	TUE	WED	THU	FRI	SAT
Wk 1	Rest, stretch, yoga	RUN easy 2 miles	30 min of lower-body strength training	RUN easy 3 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN easy 3.5 miles
Wk 2	Rest, stretch, yoga	RUN hard 2.5 miles	30 min of lower-body strength training	RUN easy 3 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN hard 4 miles
Wk 3	Rest, stretch, yoga	RUN hard 2.5 miles	30 min of lower-body strength training	RUN easy 3.5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN easy 4.5 miles
Wk 4	Rest, stretch, yoga	RUN hard 3 miles	30 min of lower-body strength training	RUN easy 3.5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN hard 5 miles
Wk 5	Rest, stretch, yoga	RUN hard 3 miles	30 min of lower-body strength training	RUN easy 4 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN easy 5.5 miles
Wk 6	Rest, stretch, yoga	RUN hard 3.5 miles	30 min of lower-body strength training	RUN easy 4 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN hard 6 miles
Wk 7	Rest, stretch, yoga	RUN hard 3.5 miles	30 min of lower-body strength training	RUN easy 4.5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN easy 6.5 miles
Wk 8	Rest, stretch, yoga	RUN hard 4 miles	30 min of lower-body strength training	RUN easy 4.5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN hard 7 miles
Wk 9	Rest, stretch, yoga	RUN hard 4 miles	30 min of lower-body strength training	RUN easy 5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN easy 7.5 miles
Wk 10	Rest, stretch, yoga	RUN hard 4.5 miles	30 min of lower-body strength training	RUN easy 5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN hard 8 miles
Wk 11	Rest, stretch, yoga	RUN hard 4.5 miles	30 min of lower-body strength training	RUN easy 6 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RUN easy 8.5 miles
Wk 12	Rest, stretch, yoga	RUN easy miles	30 min of lower-body strength training	RUN easy 5 miles	30 min of upper-body strength training	30 min of physical activity of your choice	RACE DAY