

No Excuses

Want to set a 5K PR Plan

Make it happen

WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2	Rest	2	CT	3	2
2	Rest	2	4x400	2		3	2
3	Rest	2.5	CT	2	Rest	3.5	2.5
4	Rest	2.5	6x400	2.5	CT	3.5	2.5
5	Rest	3	CT	2.5	Rest	4	3
6	Rest	3	3x800	3	rest	2.5 race	rest
7	Rest	3.25	CT	3	CT	3	2.5
8	Rest	3.25	4x800	3	CT	3.5	2.5
9	Rest	3.5	CT	3	Rest	4	3
10	Rest	4	8x400	3	Rest	4.5	3.5
11	Rest	3	CT	2	CT	4	3
12	Rest	3	4x400 4x800	2	Rest	3	2
13	Rest	2.5	CT	2	CT	2	Rest
14	Rest	2	Rest	Easy 2	Rest	5k Race	Rest

Sunday recovery runs medium pace and maybe yoga after/lots of stretching

Wednesdays - 400's and 800's done at fast as you can pace

CT = cross train with light weights/high reps - arms/chest/back

Ab exercises Tuesday and Friday

Stretch every day for at least 10 minutes