



# 25 MINUTE 5K 6 WEEK TRAINING PLAN

\*WU = WARM UP / CD = COOL DOWN / GP = GOAL PACE (8:03/MILE OR 5:00/KILOMETER)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2 Miles Easy</b>	<b>3 Miles Easy</b>	<b>1 Mile WU 10x200m @ GP (1 min rest between sets) 1 Mile CD</b>	<b>Rest</b>	<b>3 Miles Easy</b>	<b>4 Miles Easy</b>	<b>Rest</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2 Miles Easy</b>	<b>3.5 Miles Easy</b>	<b>1 Mile WU 4x800m @ GP (90 seconds rest between sets) 1 Mile CD</b>	<b>Rest</b>	<b>3 Miles Easy</b>	<b>4 Miles Easy</b>	<b>Rest</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Miles Easy</b>	<b>3.5 Miles Easy</b>	<b>5 Miles Easy</b>	<b>Rest</b>	<b>3 Miles Easy</b>	<b>2 Mile WU 1.5 Miles @ GP 1 Mile CD</b>	<b>Rest</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Miles Easy</b>	<b>3.5 Miles Easy</b>	<b>1 Mile WU 12x400m @ GP (1 minute rest between sets) .5 Mile CD</b>	<b>Rest</b>	<b>3 Miles Easy</b>	<b>1 Mile WU 1 Mile @ GP 1 Mile Easy 1 Mile @GP 1 Mile CD</b>	<b>Rest</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2.5 Miles Easy</b>	<b>4 Miles Easy</b>	<b>1 Mile WU 3x1 Mile @ GP (90 seconds rest between sets) .5 Mile CD</b>	<b>Rest</b>	<b>3 Miles Easy</b>	<b>4 Miles Easy</b>	<b>Rest</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2 Miles Easy</b>	<b>2 Miles Easy</b>	<b>1 Mile WU 10x200m @ GP (1 min rest between sets) 1 Mile CD</b>	<b>3 Miles Easy</b>	<b>Rest</b>	<b>2 Miles Easy</b>	<b>Race Day</b>