4 Week 5k Training Plan

This plan is designed for anyone who would like to finish a 5K and who is not concerned about any time goals. Due to the limited timeframe of this training plan, participants should not expect to perform at their top ability. Runners should be prepared for beginner's level running before beginning this program.

XT stands for Cross Training, which includes activities like elliptical, swimming, cycling, spinning, aerobics, fast walking, etc. XT days should be aerobic by nature, but low impact on the body.

Run days may be a combination of running and walking. It is recommended that runners spend a minimum 5 to 10 minutes stretching after the run is completed on the "Run" days.

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 1	1	Rest/Stretch	Run 20 min	Stretch/XT	Run 20 min	Stretch/XT	Rest/Stretch	Run 2 miles
	2	Rest/Stretch	Run 25 min	Stretch/XT	Run 20 min	Stretch/XT	Rest/Stretch	Run 2.5 miles
	3	Rest/Stretch	Run 30 min	Stretch/XT	Run 20 min	Stretch/XT	Rest/Stretch	Run 3 miles
	4	Rest/Stretch	Run 20 min	Stretch/XT	Run 25 min	Stretch/XT	Run 15 min	5k