

5K Training Schedule



6-Week Program for a 5K Trail Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20 min. Hills	Active Rest	20 min. Tempo	Active Rest	Cross-Training	40 min. Long Run	Rest
WEEK 2	20 min. Hills	Active Rest	20 min. Tempo	Active Rest	Cross-Training	45 min. Long Run	Rest
WEEK 3	30 min. Hills	Active Rest	30 min. Tempo	30 min. Easy	Cross-Training	60 min. Long Run	Rest
WEEK 4	35 min. Hills	30 min. Easy	15 min. Speed	30 min. Easy	Cross-Training	60 min. Long Run	Rest
WEEK 5	30 min. Hills	25 min. Easy	30 min. Tempo	30 min. Easy	Cross-Training	45 min. Long Run	Rest
WEEK 6	20 min. Easy	Active Rest	20 min. Easy	20 min. Easy	Rest	YOUR TRAIL EVENT!	Sleep