

BEGINNER TRAINING PLAN: 16 WEEKS – 5K

WK	M	T	W	TH	F	SAT	SUN
1	30 Min of Cross training	2 Mile Run/Walk	Rest	3 Mile Easy Run	Rest	30 Min of Cross training	Rest
2	30 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
3	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
4	30 Min of Cross training	2.5 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
5	30 Min of Cross training	2 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
6	30 Min of Cross training	3.5 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
7	30 Min of Cross training	3 Mile Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
8	40 Min of Cross training	3 Mile Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
9	40 Min of Cross training	2.5 Mile Easy Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
10	30 Min of Cross training	3 Mile Run	Rest	2 Mile speed workout	2.5 Mile Easy Run	30 Min of Cross training	Rest
11	40 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
12	45 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	2.5 Mile Easy Run	30 Min of Cross training	Rest
13	45 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
14	45 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
15	30 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
16	20 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

Note: If you are a walker, replace runs with walks, and replace speed training with fast-pace walking – which can be helpful in building fitness.

Basic Training Tips:

- Easy runs/walks mean easy pace that is comfortable and conversational
- Include a brief warm-up and cool down before and after each workout
- Identify 1-2 cross training activities to build strength and core stability. Optimal cross training activities are easy-to-medium effort, low impact but high intensity.
- Strength training and core training will help prevent injury: lunges, mini burpees, plank/side plank, sit-ups, pull-ups, push-ups, wall sits.
- Adapt workouts based on the race course – for example, if hills are involved then you need to include hill training in workouts.

Work with your Team Make Your Mark Coach if you have any questions or need help reaching your goals lupuscoach@lupus.org

BEGINNER TRAINING PLAN: 12 WEEKS – 5K

WK	M	T	W	TH	F	SAT	SUN
1	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
2	30 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
3	30 Min of Cross training	2.5 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
4	30 Min of Cross training	2.5 Mile Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
5	40 Min of Cross training	2 Mile Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
6	40 Min of Cross training	2.5 Mile Easy Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
7	30 Min of Cross training	3 Mile Run	Rest	2 Mile speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
8	45 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
9	45 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
10	45 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
11	30 Min of Cross training	3 Mile Easy Run	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
12	20 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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BEGINNER TRAINING PLAN: 10 WEEKS – 5K

WK	M	T	W	TH	F	SAT	SUN
1	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
2	30 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
3	30 Min of Cross training	2 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
4	30 Min of Cross training	2.5 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
5	40 Min of Cross training	2 Mile Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
6	30 Min of Cross training	2 Mile Run	Rest	2 Mile speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
7	45 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
8	45 Min of Cross training	3.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
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10	20 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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INTERMEDIATE TRAINING PLAN: 16 WEEKS – 5K

WK	M	T	W	TH	F	SAT	SUN
1	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
2	30 Min of Cross training	2 Mile Easy Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
3	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
4	30 Min of Cross training	2 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
5	30 Min of Cross training	2.5 Mile Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
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7	30 Min of Cross training	3 Mile Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
8	40 Min of Cross training	2.5 Mile Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
9	40 Min of Cross training	2.5 Mile Easy Run	Rest	2.5 Mile speed workout	Rest	30 Min of Cross training	Rest
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12	40 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
13	45 Min of Cross training	2 Mile Easy Run	Rest	2.5 Mile speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
14	45 Min of Cross training	2.5 Mile Easy Run	Rest	2 Mile Run/Walk speed workout	3 Mile Easy Run	30 Min of Cross training	Rest
15	30 Min of Cross training	2 Mile Easy Run	Rest	2.5 Mile Easy Run	Rest	30 Min of Cross training	Rest
16	20 Min of Cross training	2 Mile Easy Run	Rest	2 Mile Easy Run	Rest	Rest	Race

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INTERMEDIATE TRAINING PLAN: 12 WEEKS – 5K

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1	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
2	30 Min of Cross training	2 Mile Easy Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
3	30 Min of Cross training	2.5 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
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2	30 Min of Cross training	2 Mile Run	Rest	2 Mile Run/Walk speed workout	Rest	30 Min of Cross training	Rest
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ADVANCED TRAINING PLAN: 16 WEEKS – 5K

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1	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Easy Run	Rest	30 Min of Cross training	Rest
2	30 Min of Cross training	2 Mile Easy Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
3	30 Min of Cross training	2 Mile Run/Walk	Rest	2 Mile Run/Walk	Rest	30 Min of Cross training	Rest
4	30 Min of Cross training	2 Mile Run	Rest	2 Mile speed workout	Rest	30 Min of Cross training	Rest
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