

# 5K to 5 mile (8K) Training Schedule



Adapted from Hal Higdon's 8-K Training Guide

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #	September 5, 2016	September 6, 2016	September 7, 2016	September 8, 2016	September 9, 2016	September 10, 2016	September 11, 2016
1	Stretch & strength	2 m run	30 min cross	2 m run + strength	Rest	30 min cross	2 m run
	September 12, 2016	September 13, 2016	September 14, 2016	September 15, 2016	September 16, 2016	September 17, 2016	September 18, 2016
2	Stretch & strength	2 m run	30 min cross	2 m run + strength	Rest	30 min cross	2.5 m run
	September 19, 2016	September 20, 2016	September 21, 2016	September 22, 2016	September 23, 2016	September 24, 2016	September 25, 2016
3	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest	40 min cross	3 m run
	September 26, 2016	September 27, 2016	September 28, 2016	September 29, 2016	September 30, 2016	October 1, 2016	October 2, 2016
4	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
	October 3, 2016	October 4, 2016	October 5, 2016	October 6, 2016	October 7, 2016	October 8, 2016	October 9, 2016
5	Stretch & strength	2.5 m run	40 min cross	2 m run + strength	Rest	50 min cross	4 m run
	October 10, 2016	October 11, 2016	October 12, 2016	October 13, 2016	October 14, 2016	October 15, 2016	October 16, 2016
6	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	50 min cross	4 m run
	October 17, 2016	October 18, 2016	October 19, 2016	October 20, 2016	October 21, 2016	October 22, 2016	October 23, 2016
7	Stretch & strength	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
	October 24, 2015	October 25, 2015	October 26, 2015	October 27, 2015	October 28, 2015	October 29, 2015	October 30, 2016
8	Stretch & strength	3 m run	30 min cross	2 m run	Rest	2 m run	5 m (8-K) race

## 5 Mile (8-K) Training Guide - Novice Program

Novice runners: Training for Their First 5 mile (8-K) Race

**HOW MUCH DO YOU NEED TO TRAIN** to be able to run your first 5 mile (8-K) race? Some individuals who possess a reasonably good level of fitness (because they bicycle or swim or participate in other sports) could probably go out and run 5-6 miles on very little training. They might be sore the week after a race at one of those distances, but they still could finish. But if you've made the decision to run a 5 mile race, you might as well do it right. The above is an eight-week training schedule to help get you to the finish line of your first 5 mile race (BTW - 5 miles is a shade longer than 8-K).

**To participate in this 5 mile training program, you should have no major health problems, should be in reasonably good shape, and should have done at least some jogging or walking recently. It may be prudent to discuss this program with your physician if you have any doubts about your health prior to starting this program.** If running 2 miles for your first workout on Tuesday of the first week seems too difficult, you might want to begin by walking, rather than running. Or, if you have more than significantly more than eight weeks before your 5 mile race you may wish to complete a "Couch to 5K" training program before beginning this program. If you have any questions send an email to [Joe@BeautyAndTheBeachRun.com](mailto:Joe@BeautyAndTheBeachRun.com) (our Certified Endurance Running Coach). He will be glad to help you decide on the best training plan for you.

Below are explanations of the terms used in this training schedule.

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**Stretch & Strength:** Mondays are the days in which you are advised to do some stretching along with strength training. This is actually a day of rest following your long run on Sundays. Do some easy stretching of your running muscles. This is good advice for any day, particularly after you finish your run, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is also suggested that you do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for your schedule.

**Running workouts:** Put one foot in front of the other and run. It sounds pretty simple, and it is. Don't worry about how fast you run; just cover the distance--or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to talk easily while you're running. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run three days of the week: Tuesdays, Thursdays and Sundays.

**Cross-Training:** On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for a 5 mile race? It could be swimming, or cycling, walking, cross-country skiing, snowshoeing, or other forms of aerobic training ,or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. And feel free to throw in some jogging as well if you're feeling really good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

**Rest:** The most important day in any running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve much. In this program, Friday is always scheduled as a day of rest to compliment the easy workouts on Mondays.

Feel free to make minor modifications to suit your own particular schedule needs. If you have any questions send an email to Joe at: [RaceDirector@BeautyAndTheBeachRun.com](mailto:RaceDirector@BeautyAndTheBeachRun.com) (our Certified Endurance Running Coach).