



# Training Plan



| Week             | Date   | Sunday   | Monday | Tuesday | Wednesday  | Thursday   | Friday | Saturday | Total Mileage |
|------------------|--------|--|--------|---------|------------|------------|--------|----------|---------------|
| 1                | 26-Jan | Crosstrain                                     | 3      | 4       | Crosstrain | 3          | OFF    | 5        | 15            |
| 2                | 2-Feb  | Crosstrain                                     | 4      | 5       | Crosstrain | 3          | OFF    | 6        | 18            |
| 3                | 9-Feb  | Crosstrain                                     | 3      | 4       | Crosstrain | 2          | OFF    | 4        | 13            |
| 4                | 16-Feb | Crosstrain                                     | 4      | 5       | Crosstrain | 4          | OFF    | 6        | 19            |
| 5                | 23-Feb | Crosstrain                                     | 5      | 5       | Crosstrain | 4          | OFF    | 7        | 21            |
| 6                | 1-Mar  | Crosstrain                                     | 4      | 4       | Crosstrain | 3          | OFF    | 4        | 15            |
| 7                | 8-Mar  | Crosstrain                                     | 5      | 6       | Crosstrain | 4          | OFF    | 8        | 23            |
| 8                | 15-Mar | Crosstrain or<br><b>Courthouse O'Putnam 5K</b> | 5      | 7       | Crosstrain | 5          | OFF    | 9        | 26            |
| 9                | 22-Mar | Crosstrain or<br><b>O'Hartford 5K</b>          | 6      | 7       | Crosstrain | 6          | OFF    | 9        | 28            |
| 10               | 29-Mar | Crosstrain                                     | 4      | OFF     | Crosstrain | 3          | 2      | OFF      | 9             |
| <b>Race Week</b> | 5-Apr  | <b>RACE DAY!</b>                               | 2      | OFF     | 2          | Crosstrain | OFF    | 3        | 17            |

|  |               |
|--|---------------|
|  | Base Building |
|  | Taper         |
|  | Race Day      |
|  | Recovery      |



**Cross-Train:** Swimming, cycling, walking, or other forms of aerobic training. Can include strength training. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

*This is a basic progressive training schedule. Your actual mileage may vary! Due to the diversity of experience and fitness levels, it may not be appropriate for all runners.*  
 -The program is assumes participants are currently running at least 15 miles per week, at least three times per week, and are able to run at least 5 miles.  
 -If your mileage is less, reduce weekly miles. Your First priority is to remain injury free!  
 -Pace of runs is determined based upon your current level of fitness.

Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.