



**CORVALLIS & ALBANY
SPORT & SPINE
PHYSICAL THERAPY**



5K Novice Training Plan for Fall Festival Run 2019

5k Novice

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 29	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Aug 5	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Aug 12	Rest	1 mile	Cross	1.5 miles	Rest	Cross	2 miles
Aug 19	Rest	1 mile	Cross	1.5 miles	Rest	Cross	1.5 miles
Aug 26	Rest	1.5 miles	Cross	1.5 miles	Rest	Cross	2 miles
Sept 2	Rest	1.5 miles	Cross	1.5 miles	Rest	Cross	2.5 miles
Sept 9	Rest	1.5 miles	Cross	2 miles	Rest	Cross	3 miles
Sept 16	Rest	2 miles	Cross	2 miles	Rest	Cross	2.5 miles
Sept 23	Rest	2 miles	Cross	1 mile	Rest	Cross	5k

RACE DAY!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc.)

Consider making Thursday a tempo run or other speed work

For a more advanced plan, consider a track workout Wednesday with HOTV and flip-flopping Thursday/Friday

- This creates a plan running 4x per week)

This is a very loose schedule. Take it and modify as needed to work with your life.

- The specific days are not as important as the number of days and the overall mileage per session

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