



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



## 5K Novice Training Plan

### 5k Novice

| Week       | Monday | Tuesday   | Wednesday | Thursday  | Friday | Saturday | Sunday    |
|------------|--------|-----------|-----------|-----------|--------|----------|-----------|
| Week 1     | Rest   | 1 mile    | Cross     | 1 mile    | Rest   | Cross    | 1.5 miles |
| Week 2     | Rest   | 1 mile    | Cross     | 1 mile    | Rest   | Cross    | 1.5 miles |
| Week 3     | Rest   | 1 mile    | Cross     | 1.5 miles | Rest   | Cross    | 2 miles   |
| Week 4     | Rest   | 1 mile    | Cross     | 1.5 miles | Rest   | Cross    | 1.5 miles |
| Week 5     | Rest   | 1.5 miles | Cross     | 1.5 miles | Rest   | Cross    | 2 miles   |
| Week 6     | Rest   | 1.5 miles | Cross     | 1.5 miles | Rest   | Cross    | 2.5 miles |
| Week 7     | Rest   | 1.5 miles | Cross     | 2 miles   | Rest   | Cross    | 3 miles   |
| Week 8     | Rest   | 2 miles   | Cross     | 2 miles   | Rest   | Cross    | 2.5 miles |
| Race Week! | 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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