



**CHICKAMAUGA
BATTLEFIELD RACES**

26.2 • 13.1 • 5K • JR

5K TRAINING SCHEDULE

BEGINNER PLAN

Week	Monday	Tuesday	Wednesday	Thursday Track	Friday	Saturday	Sunday	Total Mileage
8	1 mi easy	1.5 mi easy	XT	2 x 800	XT	1 mi long	Rest	5
7	1.5 mi easy	4 x hills	XT	3 x 800	2 mi easy	1.5 mi long	Rest	7
6	2 mi easy	1.5 mi easy	XT	400/800/1200	XT	2 mi long	Rest	7
5	1.5 mi easy	6 x hills	XT	3 x 800	2 mi easy	1.5 mi long	Rest	7
4	2 mi easy	2 mi easy	XT	4 x 800	XT	2.5 mi long	Rest	8.5
3	2 mi easy	6 x hills	XT	400/800/1200	2 mi easy	3 mi long	Rest	9
2	2 mi easy	2 mi easy	XT	2 x 800	XT	2 mi long	Rest	7
Race Week	2 mi easy	1 mile easy	XT	1 mi easy	Rest	5K	Rest	7.1

Prior to the week 8, your base jogging should be to the point where you feel comfortable jogging 1 mile long.

A regular stretching routine (dynamic stretches before your workout and static stretches in the evening) will work wonders for your overall mobility.

During the training program be sure to take off at least one day a week from exercising. Listen to your body!

Key to schedule:

- **Easy:** Walk/ jog at an easy conversational pace. As your training progresses, jog less and run more/longer.
- **Hills:** Warm up 1/2 mile, run hard (high knees) up 50 yd hill, jog down, repeat; cool down
- **XT:** cross train 45 active minutes: swim, bike, spin, strength, core, yoga
- **Thursday: Track** Example: on a 2 x 800 day, you should warm up 1/2 mile, then run a 800 meter at a 5k pace, then walk/jog 200 meters, then repeat. Finish with a 1/2 mile cool down.
- **Long:** run at a pace at least one-two minutes a mile slower than your intended race pace.

For more information on training programs, please visit www.BattlefieldMarathon.com.

