CHICKAMAUGA BATTLEFIELD RACES
26.2 • 13.1 • 5K • JR

5K Training Schedule
Experienced Plan

Week	Monday	Tuesday	Wednesday	Thursday Track	Friday	Saturday	Sunday	Total Mileage
8	3 mi easy	3 mi tempo	XT	4 x 800	XT	5 mi long	Rest	13
7	3 mi easy	6 x hills	XT	6 x 800	3 mi easy	6 mi long	Rest	16
6	3 mi easy	3 mi tempo	XT	400/800/1200 1200/800/400	3 mi easy	7 mi long	Rest	19
5	3 mi easy	8 x hills	XT	4 x 800	2 mi easy	5 mi long	Rest	14
4	3 mi easy	3 mi tempo	XT	6 x 800	3 mi easy	6 mi long	Rest	18
3	3 mi easy	8 x hills	XT	400/800/1200 1200/800/400	2 mi easy	7 mi long	Rest	17
2	3 mi easy	3 mi tempo	XT	3 x 800	2 mi easy	4 mi long	Rest	14
Race Week	2 mi easy	2 mi tempo	XT	2 mi easy	Rest	5K	Rest	9.1

Prior to the week 8, your base running should be to the point where you feel comfortable running a 5 mile long run.

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:** run at an easy conversational pace
- **Tempo:** 1 mile warm up, run at 5K race tempo pace, 1/2 cool down
- **Hills:** Warm up 1 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** run at 5k+ pace, warm up and cool down 1 mile each, take walking/ jogging break between sets 1/2 lap. Example: on a 4 x 800 day, you should warm up a mile, then run a 800 meter at slightly faster than a 5k pace, then jog 200 meters, then repeat process three additional times. Finish with a one-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.