



## MODERATE MILEAGE 13 WEEK 5K TRAINING SCHEDULE (20-40 Miles/Week)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Week 1</i>	4 Miles E	Rest or Cross Train	1/2 Mile E, 2 x 1.25 TI, 1/2 Mile E	5 Miles E	Rest or Cross Train	4 Miles E	6 Miles L
<i>Week 2</i>	4 Miles E	Rest or Cross Train	1 Mile E, 5 x 800 SW, 1 Mile E	5 Miles E	Rest or Cross Train	4 Miles E	7 Miles L
<i>Week 3</i>	4 Miles E	Rest or Cross Train	1/2 Mile E, 2 x 1.50 TI, 1/2 Mile E	6 Miles E	Rest or Cross Train	4 Miles E w/10 x 100 S	8 Miles L
<i>Week 4</i>	4 Miles E	Rest or Cross Train	1 Mile E, 4 x 1000 SW, 1 Mile E	6 Miles E	Rest or Cross Train	4 Miles E w/10 x 100 S	7 Miles L
<i>Week 5</i>	4 Miles E	Rest or Cross Train	1/2 Mile E, 2 x 1.75 TI, 1/2 Mile E	6 Miles E	Rest or Cross Train	4 Miles E with 8 x 200 S	8 Miles L
<i>Week 6</i>	4 Miles E	Rest or Cross Train	1 Mile E, 4 x 1000 SW, 1 Mile E	7 Miles E	Rest or Cross Train	4 Miles E with 10 x 100 S	9 Miles L
<i>Week 7</i>	4 Miles E	Rest or Cross Train	1 Mile E, 3 x 1.25 TI, 1 Mile E	7 Miles E	Rest or Cross Train	4 Miles E with 8 x 200 S	9 Miles L
<i>Week 8</i>	4 Miles E	Rest or Cross Train	1 Mile E, 7 x 600 SW, 1 Mile E	8 Miles E	Rest or Cross Train	3 Miles E	10k Race
<i>Week 9</i>	4 Miles E	Rest or Cross Train	1 Mile E, 3 Miles T, 1 Mile E	6 Miles E	Rest or Cross Train	4 Miles E w/ 10 x 100 S	8 Miles L
<i>Week 10</i>	4 Miles E	Rest or Cross Train	1 Mile E, 5 x 1000 SW, 1 Mile E	7 Miles E	Rest or Cross Train	4 Miles E w/ 10 x 100 S	8 Miles L
<i>Week 11</i>	4 Miles E	Rest or Cross Train	1 Mile E, 2 x 1.25 TI, 1 Mile E	6 Miles E	Rest or Cross Train	4 Miles w/ 8 x 200 S	7 Miles L
<i>Week 12</i>	4 Miles E	Rest or Cross Train	1 Mile E, 3 x 1600 SW, 1 Mile E	6 Miles E	Rest or Cross Train	4 Miles E w/10 x 100 S	6 Miles L
<i>Week 13</i>	4 Miles E	Rest	4 Miles with 5 x 200 S	4 Miles E	Rest	Rest	Goal 5k Race

E = Easy Run; L = Long Run; T= Tempo Run; TI = Tempo Interval; CI= Cruise Interval; P=Marathon Pace Run; SW= Speed Workout (Long Distance Runner); S=Stride Outs; D= Declines  
 Visit [www.mcmillanrunning.com](http://www.mcmillanrunning.com) and use the McMillan Running Calculator to generate a personal report and determine appropriate training paces  
 Schedule adapted from Pfitzinger/Douglas: Reference: Pfitzinger, P., and S. Douglas. 1999. *Road Racing for Serious Runners*. Champaign, IL: Human Kinetics.