

Shooting Star 5k Training Plan							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	XT +Strength	1.5 mile run	10-minute easy +6x20second strides	1.5 mile run +Strength	Rest Day/Walk	2 mile run	1 mile run
Week 2	XT +Strength	1.75 mile run	15-minute easy +6x20second strides	1.5 mile run +Strength	Rest Day/Walk	2.25 mile run	1.25 mile run
Week 3	XT +Strength	2 mile run	15-minute easy +6x20second strides	1.5 mile run +Strength	Rest Day/Walk	2.5 mile run	1.5 mile run
Week 4	XT +Strength	2.25 mile run	20-minute easy +6x20second strides	2 mile run +strength	Rest Day/Walk	2.75 mile run	1.75 mile run
Week 5	XT +Strength	2.5 mile run	20-minute easy +6x20second strides	2 mile run +strength	Rest Day/Walk	3 mile run	2 mile run
Week 6	XT +Strength	2.75 mile run	25-minute easy +6x20second strides	2 mile run +strength	Rest Day/Walk	3 mile run	2.25 mile run
Week 7	XT +Strength	3 mile run	25-minute easy +6x20second strides	2.5 mile run +strength	Rest Day/Walk	3.25 mile run	2.5 mile run
Week 8	XT	3 mile run	20-minute easy +6x20second strides	2 mile run	Rest Day/Walk	5k race	Rest day

XT-Cross training options should include low-impact cardio exercises such as biking, swimming or elliptical training.

Rest Day/Walk- Recovery is a vital part of your training and should not be over looked. Some runner prefer to use active recovery by going out for a walk while other runners benefit from a compete rest day from all activity.

Strength training can help you become both faster and a more efficient runner, along with helping prevent injuries when done correctly.