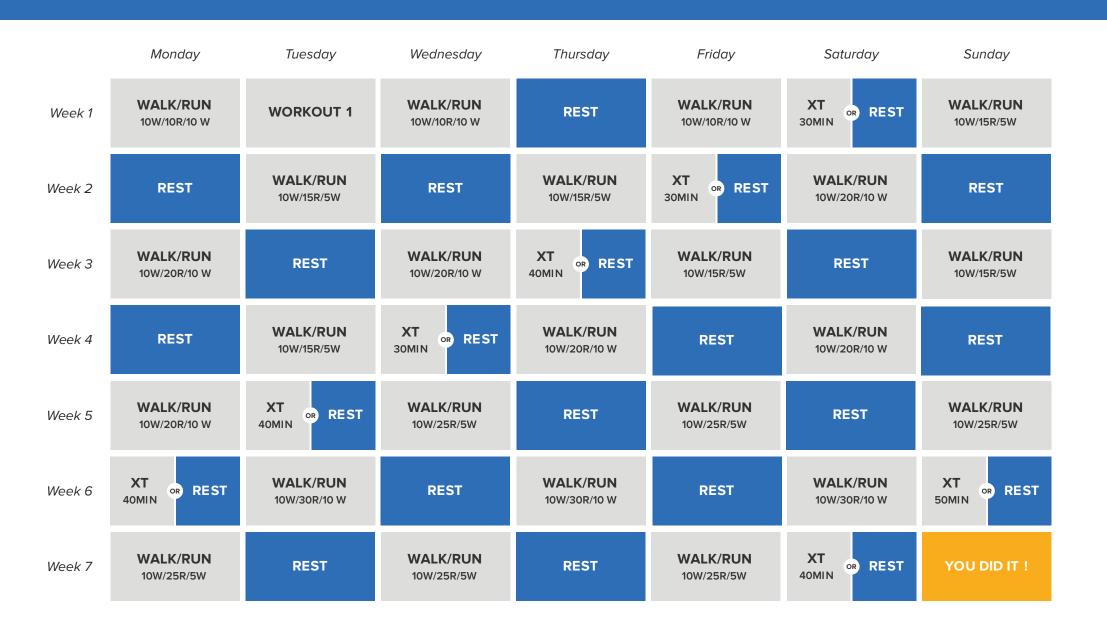
5k Training Plan



Get ready for race day with this easy-to-follow training plan. These simple steps will help you achieve your best time; whether you're a veteran or new to running, you'll be prepared for the starting line.



Glossary

W: walk

R: run

XT: cross training, which primarily consists of strength training but can also mean cycling, swimming or any other form of active recovery

Negative split: for example, in a 30-minute run, the third 10 minutes is faster than the second which is faster than the first