

5 WEEKS TO YOUR FIRST 5KM

WEEK 5

MONDAY

Rest

GOAL: Roll out legs, hip and back with a foam roller for 10 minutes.

TUESDAY

Run easy - drop down to distance you ran in week 3, maintain a comfortable pace.

GOAL: Drop down to the distance you ran in week 3; maintain a comfortable pace.

WEDNESDAY

Cross-train for easy 20 minutes, stretch for 5 minutes

GOAL: Perform 20 minutes of easy cardio, like walking, then stretch for 5 minutes.

THURSDAY

Run easy 15 minutes with 3 30-second pickups at goal race pace at end of run.

GOAL: Do 3 30-second pickups at goal race pace at end of run.

FRIDAY

Rest

GOAL: Chill out (if race is on Saturday). If race is on Sunday, run easy or walk for 15 minutes.

SATURDAY

Rest

GOAL: Eat your race-night meal and get 8 hours of sleep.

SUNDAY

Race!

GOAL: Start out easy and gradually pick up speed so you finish strong. Good luck - and have fun!