5 Mile/8km RUNNING SCHEDULE

Goal: to aim for a 50-minute 5 Mile/ 8k on race day

Week		Mon	Tue	Wed	Thu	Fri	Sat	Sun		Total
		Rest	Moderate	Rest	Moderate	Rest	X-train	Long		Distance
1	Km	rest	4	rest	4	rest	crosstrain	5	Km	13
	Mi		2.5		2.5			3	Mi	8
2	Km	rest	4	rest	5	rest	crosstrain	6	Km	15
	Mi		2.5		3			4	Mi	9
3	Km	rest	4	rest	6	rest	crosstrain	8	Km	18
	Mi		2.5		4			5	Mi	11
4	Km	rest	4	rest	4	rest	crosstrain	10	Km	18
	Mi		2.5		2.5			6	Mi	11
5	Km	rest	4	rest	5	rest	crosstrain	8	Km	17
	Mi		2.5		3			5	Mi	11
6	Km	rest	4	rest	6	rest	crosstrain	10	Km	20
	Mi		2.5		4			6	Mi	13
7	Km	rest	4	rest	5	rest	crosstrain	6	Km	15
	Mi		2.5		3			4	Mi	9
8	Km	rest	4	rest	4	rest	**8**	walk	Km	16
	Mi		2.5		2.5		**5**		Mi	10

<div align="center">**RACE Day**</div>

Notes:

1. This is designed to gradually increase your distances run with the focus on your long run and being able to run 8k easily.

2. Schedule is flexible… move workouts to different days when you need to. Example: run Saturday instead of Sunday.

3. Always run the first 5-minutes of each run at an easy jog to warm up, or 10 if you hear joints creaking.

4. As you do any workout, jot down on the chart above either the actual time you were out, or distance if you know it.
   Keeping track of workouts done gives you a record of just how far you've come and becomes a motivator in itself.

5. Always consult a medical doctor before engaging in any rigorous exercise activity.

PACING

(a) If running continuously is a challenge when you start, do the 'run-walk' method in the early stages of your training.
   You jog/walk 5 min. then walk for 1 minute, then run for 5, walk for 1, etc,, for the duration of your run. It gives your
   legs a break and slows your heartrate. As your endurance grows, you can increase to a 7:1, 9:1, etc.

b) **Moderate Runs**: this is a pace during which you can run comfortably and chat (even to yourself!);
   Your pace should be in the **6:05 to 6:20 per KM** range depending on your speed…. OR
   Your pace should be in the **9:55 to 10:15 per MILE** range depending on your speed.

c) The **LONG RUN** is your most important run of the week. Try not to miss a long run, swap it for another run that week.
   Your pace should be in the **6:35 to 6:45 per KM** range depending on your speed…. OR
   Your pace should be in the **10:40 to 11:00 per MILE** range depending on your speed.
   How to know if doing correct pace: you should be able to easily talk while doing your long run though by the
   end it will be more difficult because of fatigue, heat and effort.

d) **EASY** runs are just that. No speed like you're used to, and a pace as slow as or slower than your long run.
   If not up to the pace stated on a given day, make it an EASY run day. If doing an extra run in the week this is the kind
   of run you'd do. You also go easy to recover, or the day before or after a long run so as not to fatigue your legs.

e) **CROSSTRAINING** would include cycling, swimming, in-line skating, hiking, walking, aerobics, etc. This is an optional
   workout but makes for a great change of 'pace'. If you want to get into it gradually, do it on alternate weeks, otherwise
   do it each week.

f) Note that as the schedule progresses, some of your long runs are over 8k… this is okay and in fact builds your endurance
   even more so that by race day 8k will be easy to do and it will be more a matter of now fast you do it.

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