



LOW MILEAGE 13 WEEK 5K TRAINING SCHEDULE (less than 20 miles/week)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	3 Miles E	Rest or Cross Train	1/2 Mile E, 2 x 1.0 Mile CI, 1/2 Mile E	4 Miles E	Cross Train	Rest	5 Miles L
Week 2	3 Miles E	Rest or Cross Train	1 Mile E, 4 x 800 SW 1 Mile E	4 Miles E	Cross Train	Rest	6 Miles L
Week 3	3 Miles E	Rest or Cross Train	1/2 Mile E, 2 x 1.25 Mile TI, 1/2 Mile E	4 Miles E	Cross Train	Rest	5 Miles L
Week 4	3 Miles E	Rest or Cross Train	1 Mile E, 3 x 1000 SW, 1 Mile E	4 Miles E	Cross Train	1 Mile E, 10 x100	6 Miles L
Week 5	3 Miles E	Rest or Cross Train	1/2 Mile E, 2 x 1.5 Mile TI, 1/2 Mile E	5 Miles E	Cross Train	Rest	6 Miles L
Week 6	3 Miles E	Rest or Cross Train	1 Mile E, 3 x 1000 SW, 1 Mile E	5 Miles E	Cross Train	1 Mile E, 10 x100	6 Miles L
Week 7	3 Miles E	Rest or Cross Train	1 Mile E, 3 x 1.0 Mile CI, 1 Mile E	6 Miles E	Cross Train	Rest	7 Miles L
Week 8	3 Miles E	Rest or Cross Train	1 Mile E, 5 x 600 SW, 1 Mile E	5 Miles E	Cross Train	3 Miles E	5k Race
Week 9	3 Miles E	Rest or Cross Train	1 Mile E, 2 Miles T, 1 Mile E	5 Miles E	Cross Train	Rest	7 Miles L
Week 10	3 Miles E	Rest or Cross Train	1 Mile E, 4 x 1000 SW, 1 Mile E	5 Miles E	Cross Train	1 Mile E, 10 x100	6 Miles L
Week 11	3 Miles E	Rest or Cross Train	1 Mile E, 2 x 1.00 Mile CI, 1 Mile E	4 Miles E	Cross Train	Rest	6 Miles L
Week 12	3 Miles E	Rest or Cross Train	1 Mile E, 2 x 1600 SW, 1 Mile E	4 Miles E	Cross Train	1 Mile E, 10 x100	5 Miles L
Week 13	3 Miles E	Rest	3 Miles with 5 x 200 S	3 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 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.