



**8 week Beginner**  
**5k Training Calendar**

**Program Start** – \_\_\_\_\_

**Peak Event Date** – \_\_\_\_\_

**GOAL** – \_\_\_\_\_

**TRAINING CALENDAR LEGEND**

-  - Colour signifies easy day/effort
-  - Colour signifies harder intensity day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

\*All training efforts are shown in **miles**

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #1**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; background-color: #FFC107;">3</span> 3 x <b>800 m</b> 2:30 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #2**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px; background-color: #FF9800; color: white;">3</span> <b>Hills</b> 1 mile warm up 4 x medium sized hill (1 to 2 minute climb) Recovery walk down hill	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px; background-color: #2196F3; color: white;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px; background-color: #2196F3; color: white;">5</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #3**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: red;">4</span> 4 x 800 m 2:30 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: blue;">6</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> or XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #4**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ⓡ	<span style="color: red; font-weight: bold;">5</span> <b>Hills</b> -2 mile warm up 6 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	Ⓡ	④	Ⓡ	<span style="color: blue; font-weight: bold;">6</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	Ⓡ XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #5**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; background-color: #FFC107;">4</span> 4 x 800 m 2:30 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span> Accelerations	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">7</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week # 6**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: red;">5</span> <b>Hills</b> -2 mile warm up 6 x medium sized hill (1 to 2 minute climb) -Recovery walk down hill	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span> <b>Accelerations</b>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: red;">8</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:

**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #7**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: orange;">5</span> <b>Z1</b> -3 x 1 km repeats -3:00 min. jog/walk between each repeat	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: blue;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px; color: blue;">6</span> *1:30 to 2:00 minutes/mile slower than projected 5 k race pace	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:



**ON \_\_\_\_\_, I WILL  
RUN A 5k IN \_\_\_\_\_**



**Week #8**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span>  <b>Accelerations</b>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span> XT	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	5k RUN!
Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	Treadmill/Outside Avg. Speed: _____ Avg. HR: _____ Shoes: _____ Temp: _____ Notes:	<b>RESULTS:</b>  <b>Time:</b> _____  <b>Comments:</b> _____