

# NYRR 5K TRAINING PLAN BEGINNER (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Easy run or day off	Speedwork	Easy run, easy cross-training, or day off	Tempo run	Day off	Easy run with drills and strides	Long run
<b>1</b>	15:00 easy or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 4 sets: (2:00 moderate, 2:00 very easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 10:00 moderate</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• 4 sets: (30 sec. relaxed/fast, 1:30 very easy)</li> <li>• 5:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 20:00 easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>2</b>	15:00 easy or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 3 sets: (4:00 moderate, 4:00 very easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 10:00 moderate</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• 6 sets: (30 sec. relaxed/fast, 1:30 very easy)</li> <li>• 5:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 20:00 easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>3</b>	15:00 easy or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 4 sets: (4:00 uphill at moderate-to-hard effort, jog down)</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 15:00 moderate</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 1:00 very easy)</li> <li>• 5:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 25:00 easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>4</b>	15:00 easy or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 4 sets: (3:00 hard, 3:00 easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run or 20:00 easy cross-training	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 15:00 moderate</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• 4 sets: (1:00 relaxed/fast, 1:00 very easy)</li> <li>• 5:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• Form drills and strides</li> <li>• 1-mile time trial</li> <li>• 10:00 easy</li> </ul>
<b>5</b>	20:00 easy	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• Form drills and strides</li> <li>• 2 sets: (10:00 hard, 5:00 easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 20:00 moderate</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 1:00 very easy)</li> <li>• 5:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 35:00 easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>6</b>	20:00 easy or day off	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• Form drills and strides</li> <li>• 4 sets: (7:00 hard, 7:00 easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run or 20:00 easy cross-training	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 20:00 moderate-to-hard</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 1:30 very easy)</li> <li>• 8:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 35:00 easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>

# NYRR 5K TRAINING PLAN BEGINNER (12 WEEKS)

<b>7</b>	20:00 easy	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 4 sets: (4:00 hard, 4:00 easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 25:00 moderate</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 1:00 very easy)</li> <li>• 8:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 40:00 easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>8</b>	20:00 easy or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 7:00 hard, 7:00 easy</li> <li>• 5:00 hard, 5:00 easy</li> <li>• 3:00 hard, 3:00 easy</li> <li>• 1:00 hard, 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• Form drills and strides</li> <li>• 25:00 moderate-to-hard</li> <li>• 10:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 4 sets: (45 sec. relaxed/fast, 2:00 very easy)</li> <li>• 8:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 2-mile time trial or 75%-effort 5K race</li> <li>• 10:00 easy</li> </ul>
<b>9</b>	20:00 easy	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 4 sets: (4:00 hard, 4:00 easy)</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• Form drills and strides</li> <li>• 20:00 hard</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 1:30 very easy)</li> <li>• 8:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 35:00 easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>10</b>	20:00 easy	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 10:00 hard, 10:00 easy, 10:00 hard, 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run or 20:00 easy cross-training	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• Form drills and strides</li> <li>• 25:00 moderate-to-hard</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 2:00 very easy)</li> <li>• 8:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 40:00 easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>11</b>	20:00 easy or day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 10 sets: (2:00 hard, 2:00 easy)</li> <li>• 10:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 20:00 hard</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 8 sets: (30 sec. relaxed/fast, 1:00 very easy)</li> <li>• 8:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 30:00 easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>
<b>12</b>	Day off	<ul style="list-style-type: none"> <li>• 10:00 easy w/form drills and strides</li> <li>• 5:00 at 5K goal pace</li> <li>• 5:00 easy</li> <li>• 5-10:00 strength training</li> </ul>	Choose one: 20:00 easy run or day off	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• 6 sets: (1:00 relaxed/fast, 1:00 very easy)</li> <li>• 5:00 easy</li> </ul>	20:00 easy or day off	<ul style="list-style-type: none"> <li>• 5:00 easy</li> <li>• 4 sets: (20 sec. relaxed/fast, 1:40 very easy)</li> <li>• 5:00 easy</li> </ul>	<ul style="list-style-type: none"> <li>• 10:00 easy</li> <li>• Form drills and strides</li> <li>• <b>5K Goal race</b></li> <li>• 10:00 easy</li> </ul>

## WARMUP: 10:00 EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15–20 seconds each, followed by 15–20 seconds of slow jogging, do each of these eight drills:
  - Butt-kicks
  - High knees
  - Quick feet
  - Skipping for height
  - Side-slide/chassée (R and L)
  - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you’ve done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting