

Under 25 in a 5K



Training Plan

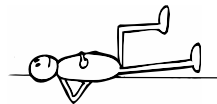
This plan is designed to for runners that will like to break 25 in a 5K. Every week we will have 4 to 5 days of running and 2 to 3 days of rest. The Plan is easy to follow and flexible enough for working individuals.

Like always it is very important to drink lots of fluids and get enough rest. In addition, stretching and warming up before each run helps prevent injuries.

STANDARD CORE ROUTINE

45 seconds to 1 minute for each exercise

1. MODIFIED BICYCLE



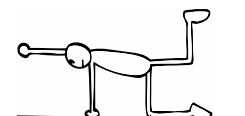
4. SIDE PLANK



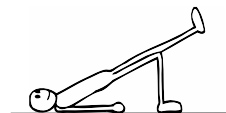
2. PLANK



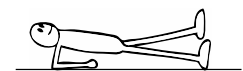
5. MODIFIED BIRD DOG



3. LEG EXTENSION



6. SUPINE LEG LIFT



Training Day

	Week 1	Week 2	Week 3	Week 4
Monday	Rest	Rest	Rest	Rest
Tuesday	2 mile run	2 mile run	2 ½ mile run	2 ½ mile run
Wednesday	4 mile run	4 ½ mile run	5 mile run	5 ½ mile run
Thursday	Rest	Rest	Rest	Rest
Friday	3 mile run	3 mile run	3 mile run	3 mile run
Saturday	Rest	Rest	Rest	Rest
Sunday	4 mile run (middle 2 faster)	5 mile run (middle 3 faster)	4 mile run easy	6 mile run (mile 2,4,6 faster)

	Week 5	Week 6	Week 7	Week 8
Monday	Rest	Rest	Rest	Rest
Tuesday	3 mile run	4 mile run	5 mile run	6 mile run
Wednesday	1000m fast 600m jog x 4	4 mile progressive run	5 mile tempo run	5 x mile repeat at 65%
Thursday	Rest	Rest	Rest	Rest
Friday	3 mile run	4 mile run	5 mile run	Rest Day before
Saturday	Rest	Rest	Rest	Race day
Sunday	5 mile run	6 mile run	4 mile run easy	4 mile run