

**YMCA of Memphis & the Mid-South  
Chick-fil-A 5K Training Plan**

<b>8 Week 5K Training Schedule</b>							
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	Rest	1.5 mi run	Cross Train 40 min	1.5mi run (race pace)	Rest	2 mi run	30 min (easy pace)
<b>2</b>	Rest	2 mi run	Cross Train 40 min	1 mi run (race pace)	Rest	2.5 mi run	30 min (easy pace)
<b>3</b>	Rest	2 mi run	Cross Train 40 min	1.5 mi run (race pace)	Rest	2.5 mi run	30 min (easy pace)
<b>4</b>	Rest	2.5 mi run	Cross Train 45 min	1.5 mi run (race pace)	Rest	3 mi run	35-40 min (easy pace)
<b>5</b>	Rest	3 mi run	Cross Train 45 min	1.5 mi run (race pace)	Rest	3.5 mi run	35-40 min (easy pace)
<b>6</b>	Rest	3 mi run	Cross Train 45 min	1.5 mi run (race pace)	Rest	4 mi run	35-40 min (easy pace)
<b>7</b>	Rest	3 mi run	Cross Train 45 min	1.5 mi run (race pace)	Rest	4 mi run	40 min (easy pace)
<b>8</b>	Rest	3 mi run	Cross Train 40 min	2 mi run (race pace)	Rest	Rest	5K Race!

Cross Training Options:

- Aerobics
- Brisk Walking
- Cycling
- Elliptical
- Spinning
- Swimming
- Walking

(These are aerobic and lower impact training forms)