



2025 5K Run Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work/hard workout.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible and focus on feeding your body and letting it recover.



FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 1 Mile
2 Active Recovery; Walk or Play for 30 Minutes	3 1.5 Miles Easy	4 Active Recovery	5 1.5 Miles Easy	6 Active Recovery	7 Off/Rest	8 1.5 Miles
9 Active Recovery; Walk or Play for 30 Minutes	10 1.5 Miles Easy	11 Active Recovery	12 1.5 Miles Easy	13 Active Recovery	14 Off/Rest	15 2 Miles
16 Active Recovery; Walk or Play for 30 Minutes	17 1.5 Miles Easy	18 Active Recovery	19 1.5 Miles Easy	20 Active Recovery	21 Off/Rest	22 2.5 Miles
23 Active Recovery; Walk or Play for 30 Minutes	24 1.5 Miles Easy	25 Active Recovery	26 1.5 Miles Easy	27 Active Recovery	28 Off/Rest	



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MARCH

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 3 Miles
2 Active Recovery; Walk or Play for 30 Minutes	3 1.5 Miles Easy	4 Active Recovery	5 1.5 Miles Easy	6 Active Recovery	7 Off/Rest	8 3 Miles
9 Active Recovery; Walk or Play for 30 Minutes	10 1.5 Miles Easy	11 2 Mile Speed <small>*1.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	12 1.5 Miles Easy	13 Active Recovery	14 Off/Rest	15 3.5 Miles
16 Active Recovery; Walk or Play for 30 Minutes	17 2 Miles Easy	18 3 Mile Speed <small>*1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down</small>	19 2 Miles Easy	20 Active Recovery	21 Off/Rest	22 4 Miles Easy
23 Active Recovery; Walk or Play for 30 Minutes	24 2 Miles Easy	25 3 Mile Speed <small>*1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down</small>	26 2 Miles Easy	27 Active Recovery	28 Off/Rest	29 3 Miles Hard RPE 7
30 Active Recovery; Walk or Play for 30 Minutes	31 3 Miles Easy					



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APRIL

2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Active Recovery	2 3 Miles Easy	3 Active Recovery	4 Off/Rest	5 4 Miles
6 Active Recovery; Walk or Play for 30 Minutes	7 3 Miles	8 Run 4 Min. Walk 1 Min. Repeat 5x	9 Active Recovery	10 3 Miles	11 Off/Rest	12 3 Miles
13 Active Recovery; Walk or Play for 30 Minutes	4 3 Miles Easy	15 Active Recovery	16 3 Miles Easy	17 Active Recovery	18 Off/Rest	19 3 Miles
20 Active Recovery; Walk or Play for 30 Minutes	21 2 Miles	22 Active Recovery	23 2 Miles	24 Active Recovery	25 Off/Rest	26 2 Miles
27 Active Recovery; Walk or Play for 30 Minutes	28 2 Miles Easy	29 Active Recovery	30 2 Miles Easy			



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MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2 Miles (Take time to prepare your head for race day)	2 Off/Rest	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31