

## SCENIC CITY 5K TRAINING SCHEDULE

### BEGINNER PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1/14/08	1 – 2 Miles	Rest/XC	1 – 2 Miles	Rest/XC	Rest/XC	2 Miles	Rest	4 – 6 Miles
1/21/08	1 – 2 Miles	Rest/XC	1 – 2 Miles	Rest/XC	Rest/XC	2 – 3 Miles	Rest	4 – 7 Miles
1/28/08	1.5 – 2 Miles	Rest/XC	1.5 – 2 Miles	Rest/XC	Rest/XC	2 – 3 Miles	Rest	5 – 7 Miles
2/4/08	2 Miles	Rest/XC	2 Miles	Rest/XC	Rest/XC	3 – 4 Miles	Rest	7 – 8 Miles
2/11/08	2 Miles	Rest/XC	2 Miles	Rest/XC	Rest/XC	4 – 5 Miles	Rest	8 – 9 Miles
2/18/08	2 Miles	Rest/XC	2 Miles	Rest/XC	Rest/XC	3 Miles	Rest	7 Miles
2/25/08	2 Miles	Rest/XC	2 Miles	Rest/XC	Rest/XC	5k	Rest	7.1 Miles

Key: Rest/XC – Rest or Cross Train

On Monday, Wednesday, and Saturday walk and/or run the mileage at a pace that feels comfortable to you. You can choose to walk the entire distance, run the entire distance, or mix walking and running. If you are new to running you may want to try alternating running for a minute or two, then walking for a minute or two. As you begin to feel more comfortable running you can extend the amount or time you run between walk breaks. Be sure to listen to your body – you don't want to push it too hard too fast. This program is designed to slowly build up your strength and endurance.

For more information about the Scenic City Half Marathon, 5k and Charity Challenge please visit [ScenicCityHalfMarathon.com](http://ScenicCityHalfMarathon.com)