

SCENIC CITY 5K TRAINING SCHEDULE

EXPERIENCED PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
1/14/08	2 mi easy	Rest/XC	5 mi tempo	Rest/XC	Rest/XC	6 mi long	Rest	13 miles
1/21/08	2 mi easy	Rest/XC	5 mi tempo	Rest/XC	Rest/XC	6 mi long	Rest	13 miles
1/28/08	2 mi easy	Rest/XC	5 mi tempo	Rest/XC	Rest/XC	7 mi long	Rest	14 miles
2/4/08	4 mi easy	Rest/XC	3 mi easy	Rest/XC	Rest/XC	3 mi easy	Rest	10 miles
2/11/08	2 mi easy	Rest/XC	5 mi tempo	Rest/XC	Rest/XC	7 mi long	Rest	14 miles
2/18/08	2 mi easy	Rest/XC	6 mi tempo	Rest/XC	Rest/XC	8 mi long	Rest	16 miles
2/25/08	2 mi easy	Rest/XC	5 mi tempo	Rest/XC	Rest/XC	5k Race	Rest	10.2 miles

Key

Easy – run at easy pace

Tempo – run at your race tempo pace

Long – ran at a pace at least one-two minutes a mile slower than your intended race pace

Rest/XC – rest or cross train. Be sure to take at least one day off from exercising each week.

For more information about the Scenic City Half Marathon, 5k and Charity Challenge please visit ScenicCityHalfMarathon.com