



# 5K - 8 WEEK XTERRA TRAIL RUNNING PLAN

Weeks 1-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>WALK - 15 min</b> 15 min - Walk fast.	<b>WALK/RUN - 10 min</b> 10 min - Alternate easy running and walking, feeling like you can always talk.	REST	<b>RUN - 10 min</b> 10 min - Run very slowly nonstop.	REST	<b>WALK/RUN - 20 min</b> 20 min - Alternate slow running and fast walking. Both should feel like the same breathing effort.	REST
WEEK 2	<b>WALK - 20 min</b> 20 min - Walk fast.	<b>RUN - 15 min</b> 15 min - Run very slowly nonstop.	REST	<b>WALK/RUN - 20 min</b> 20 min - Alternate 1 min run slow, 1 min walk, 1 min fast run, 1 min walk for a total of 5 rounds.	REST	<b>WALK - 30 min</b> 30 min - Walk fast with some hills/stairs.	<b>RUN - 15 min</b> 15 min - Run nonstop.
WEEK 3	REST	<b>RUN - 20 min</b> 20 min - Run slowly nonstop.	REST	<b>RUN - 18 min</b> 18 min - Run 2 min fast / walk 1 min for a total of 6 rounds.	XTERRA Connect Core: Do 5 min <a href="#">XTERRA Connect Yoga</a> . Watch <a href="#">XTERRA Connect Plank</a> and then do 5 x 20sec plank/40sec rest. Finish with <a href="#">XTERRA Connect Strength and Stabilize video</a>	REST	<b>WALK - 40 min</b> 40 min - Walk with some hills/stairs.
WEEK 4	REST	<b>RUN - 20 min</b> 20 min - Easy, nonstop run	REST	<b>RUN - 20 min</b> 20 min - Run 3 min (faster than Tuesday's pace) / walk 1 min for a total of 5 rounds.		REST	<b>WALK - 45 min</b> 45 min - Walk with some hills.
WEEK 5	<b>RUN - 24 min</b> 24 min - 2 min Run fast / 2 min walk for a total of 6 rounds.	<b>RUN - 20 min</b> 20 min - Easy, nonstop run	REST	<b>WALK/RUN - 32 min</b> 32 min - 5 min run fast (impossible to talk) / 3 min walk easy for a total of 4 rounds	REST	<b>WALK - 50 min</b> 50 min - Walk at an easy pace with a very hilly course, if possible.	REST
WEEK 6	30 min - Core Training / Yoga - <a href="#">link</a>	<b>RUN - 30 min</b> 30 min - Easy, nonstop run	REST	<b>WALK/RUN - 40 min</b> 40 min - Alternate 7 min running fast / 3 min dynamic walking allowing you to talk again for 4 rounds.	REST	<b>RUN - 35 min</b> 35 min - Easy, nonstop run	<b>WALK - 1 hr</b> 1h - Walk fast with some hills/stairs.
WEEK 7	REST	<b>RUN - 40 min</b> 40 min - Easy, nonstop run	REST	<b>RUN</b> Run : 1k easy - 2k fast - 1k easy - Find a loop resembling your 5K race course, if possible.	<b>WALK - 45 min</b> 45 min - Easy walk	REST	<b>RUN - 45 min</b> 45 min - Easy, nonstop run
WEEK 8	REST	<b>RUN - 25 min</b> 25 min - Run at an easy pace.	REST	<b>RUN - 15 min</b> 15 min - Run 5 min easy + 5 min fast + 5 min easy.	REST	<b>RUN - 15 min</b> 15 min - Very easy run with 4 x 30 sec fast / 30 sec easy in the middle.	5K Race Day! 