



**MISSISSIPPI**  
GULF COAST MARATHON

December 10-11, 2016

**LOUISIANA**  
MARATHON

January 13-15, 2017



# 8 Week 5K Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30 min walk
2	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35 min walk
3	Rest or run/walk	2 m run	Rest or run/walk	1.5 m run	Rest	2 m run	40 min walk
4	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45 min walk
5	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50 min walk
6	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55 min walk
7	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	5-K Race

## Training Notes