



Run for water.

Team Living Water 5K Training Program

For team members who **have run a 5K race before, or who currently run 1-2 miles for regular exercise.**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	5 mile run	Rest	3 mile run	5 X 400 Mile pace	3 mile run	Rest	3 mile run
Week 2	5 mile run	Rest	3 mile run	30 min tempo run	3 mile run	Rest	3 mile run
Week 3	6 mile run	Rest	3 mile run	6 X 400 Mile pace	3 mile run	Rest	4 mile run
Week 4	5K test	Rest	3 mile run	35 min tempo run	3 mile run	Rest	Rest
Week 5	6 mile run	Rest	3 mile run	7 X 400 Mile pace	3 mile run	Rest	4 mile run
Week 6	7 mile run	Rest	3 mile run	40 min tempo run	3 mile run	Rest	5 mile run
Week 7	7 mile run	Rest	3 mile run	8 X 400 Mile pace	3 mile run	Rest	5 mile run
Week 8	5 K race	Rest	2 mile run	30 min tempo run	2 mile run	<u>Rest</u>	Rest
Week 9	RACE						

NOTE: Consult your physician before beginning any exercise program.

Adapted from www.halhigdon.com

Team Living Water is a program of Living Water International
www.water.cc

