



HEALING MOTION
PHYSICAL THERAPY

5K Novice Training Plan

5k Novice							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Week 2	Rest	1 mile	Cross	1 mile	Rest	Cross	1.5 miles
Week 3	Rest	1 mile	Cross	1.5 miles	Rest	Cross	2 miles
Week 4	Rest	1 mile	Cross	1.5 miles	Rest	Cross	1.5 miles
Week 5	Rest	1.5 miles	Cross	1.5 miles	Rest	Cross	2 miles
Week 6	Rest	1.5 miles	Cross	1.5 miles	Rest	Cross	2.5 miles
Week 7	Rest	1.5 miles	Cross	2 miles	Rest	Cross	3 miles
Week 8	Rest	2 miles	Cross	2 miles	Rest	Cross	2.5 miles
Week 9	Rest	2 miles	Cross	1 mile	Rest	5k (3.11 miles)	
							RACE WEEKEND!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc)

Consider making Thursday a tempo run or other speed work

For a more advanced plan, consider the HOTV Track Workout either Tuesday or Wednesday and flip-flop cross training days as needed (this may create a plan with running 4x/wk)

This is a very loose schedule. Take it and modify it as needed to work with your life

- The specific days are not as important as the number of days and overall mileage per session

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis

For more content, including our 5 Strength Exercises for Runners, educational YouTube videos, other resources, and to follow us on Social Media, scan the QR code to the right.

