



# 5 Mile Training Program

**Use this Schedule if you are new, or just returning, to distance running.**

Follow the chart to tailor your workouts to what your schedule will allow. For the Strength Sessions, check out the videos provided by Jules B, your Radnor Run Personal Trainer by [clicking here](#). Thanks to past Radnor Run Overall Winner, Greg Thomas, for the run schedule!

<b>Weeks prior to Race</b>	<b>Weekly Run/Walks<sup>1</sup></b>	<b>Strength Sessions<sup>2</sup> per week</b>	<b>Recovery/Stretch Days<sup>3</sup> per week</b>	<b>Rest Days per week</b>
16	<ul style="list-style-type: none"> <li>• 1.5-2 mile run/walk</li> <li>• 1.5 -2.5 mile run/walk</li> <li>• 1.5-3 mile run/walk</li> </ul>	1	2	2
15	<ul style="list-style-type: none"> <li>• 2.5 mile run/walk</li> <li>• 1.5-2 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	1	2
14	<ul style="list-style-type: none"> <li>• 1.5-2.5 mile run/walk</li> <li>• 1.5 – 2.5 mile run/walk</li> <li>• 1.5-3 mile run/walk</li> </ul>	2	1	1
13	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 1.5-2 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	1	2
12	<ul style="list-style-type: none"> <li>• 2-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	2	1	1
11	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	2	1
10	<ul style="list-style-type: none"> <li>• 3-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	1	2
9	<ul style="list-style-type: none"> <li>• 3-4 mile run/walk</li> <li>• 1-2 mile run/walk</li> <li>• 3-4 mile run/walk</li> </ul>	2	1	1
8	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 3-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	2	1
7	<ul style="list-style-type: none"> <li>• 3-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 3-4 mile run/walk</li> </ul>	2	1	1
6	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 3-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	2	1

5	<ul style="list-style-type: none"> <li>• 4-5 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 3-4 mile/run/walk</li> </ul>	2	1	1
4	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 4-5 mile run/walk</li> </ul>	1	2	1
3	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 3-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	2	1	1
2	<ul style="list-style-type: none"> <li>• 4-6 mile run/walk</li> <li>• 3-4 mile run/walk</li> <li>• 2-3 mile run/walk</li> </ul>	1	1	2
1	<ul style="list-style-type: none"> <li>• 4-5 mile run/walk</li> <li>• 2-3 mile run/walk</li> <li>• 3-5 mile run/walk</li> </ul>	0	2	2
Race Week!	<ul style="list-style-type: none"> <li>• 2-3 mile run/walk</li> <li>• 1-2 mile run/walk</li> <li>• 20 minutes of easy running/walking</li> <li>• RADNOR RUN!</li> </ul>	0	1	2

<sup>1</sup>The weekly run/walks should be done in the order shown but try not to do a run/walk two days in a row. A run/walk consists of running at a moderate pace until you just about need to stop, and then walking at a moderate pace until you feel like you can run again. Don't push the run part until you must stop. Don't slow the walk part enough to cool down all the way.

<sup>2</sup>A workout devoted to building strength through bodyweight or weighted movement. We recommend the video workouts by Jules B that you can find by [clicking here](#).

<sup>3</sup>This can be a Yoga or Pilates class, or just guided or independent stretching. Jules also has some of those for you, [click here](#).