



5 Mile Training Program

Use this Schedule if you run now and then but are new to a 5 mile race.

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!

Weeks prior to Race	Weekly Run/Walks ¹	Strength Sessions ² per week	Recovery/Stretch Days ³ per week	Rest Days per week
16	<ul style="list-style-type: none"> • 2-2.5 mile run • 2-3 mile run • 1-2 mile run 	1	2	2
15	<ul style="list-style-type: none"> • 1-2 mile run • 2-3 mile run • 1-2 mile run 	1	1	2
14	<ul style="list-style-type: none"> • 2-3 mile run • 2-2.5 mile run • 1-2 mile run 	2	1	1
13	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run 	1	1	2
12	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 1-2 mile run 	2	1	1
11	<ul style="list-style-type: none"> • 3-3.5 mile run • 2-2.5 mile run • 1-2 mile run 	1	2	1
10	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 3-3.5 mile run 	1	1	2
9	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run 	2	1	1
8	<ul style="list-style-type: none"> • 3-4 mile run • 2-3 mile run • 2-3 mile run 	1	2	1
7	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 3-4 mile run 	2	1	1
6	<ul style="list-style-type: none"> • 2-3 mile run • 3-4 mile run • 2-3 mile run 	1	2	1

5	<ul style="list-style-type: none"> • 4-5 mile run • 2-3 mile run • 3-4 mile run 	2	1	1
4	<ul style="list-style-type: none"> • 4-5 mile run • 2-3 mile run • 3-4 mile run 	1	2	1
3	<ul style="list-style-type: none"> • 3-4 mile run • 3-4 mile run • 3-4 mile run 	2	1	1
2	<ul style="list-style-type: none"> • 4-6 mile run • 2-3 mile run • 3-4 mile run 	1	1	2
1	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run 	0	2	2
Race Week!	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 20 minute easy run • RADNOR RUN! 	0	1	2

¹The 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.

²A 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](#).

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