



Cream City 5k and Children's Run Training Plan

This is a general plan to help in the preparing for the Cream City 5K run or walk. It is set up for 3 levels:

- Beginners who are active but have not run consistently over any period of time
- Non-Beginners who have run a bit in a somewhat structured program over a short period of time
- Advanced for those who have run in preparation for a short road race but have not done so too often or in a consistent manner.

This will help all to be ready to perform their best race on April 29th. The program is based on 3 days a week for the beginner as to establish a consistency in training. There are 4 days a week for the Non-beginner and 5 days for the more advanced.

For the **Beginners** they should put a rest day in between each of their active training days to insure recovery. For the **Non-Beginner** it can be done M-W-F-Su. For the **Advanced** it can be done 3 days of running, a rest day then 2 days of running, then another rest day. This is suggested to make sure that there is ample time to recover.

10 Week Program

Week 1

Beginners: Run 3 days during the week. Day 1: $\frac{1}{4}$ mile, Day 2: $\frac{1}{4}$ mile, Day 3: $\frac{1}{2}$ mile

Non-Beginners: Run 4 days per week. Day 1: $\frac{1}{2}$ mile, Day 2: $\frac{1}{2}$ mile, Day 3: $\frac{1}{2}$ mil, Day 4: $\frac{3}{4}$ mile

Advanced: Run 5 days per week. Day 1: 1 mile, Day 2: 1 mile, Day 3: 1 mile, Day 4: 1 mile, Day 5: 1.5 miles.

Week 2

Beginners: Day 1: $\frac{1}{4}$ mile, Day 2: $\frac{1}{4}$ mile, Day 3: $\frac{1}{2}$ mile

Non-Beginners: Day 1: $\frac{1}{2}$ mile, Day 2: $\frac{1}{2}$ mile, Day 3: $\frac{1}{2}$ mil, Day 4: $\frac{3}{4}$ mile

Advanced: Run 5 days per week. Day 1: 1 mile, Day 2: 1 mile, Day 3: 1 mile, Day 4: 1 mile, Day 5: 1.5 miles.

Week 3

Beginners: Day 1: $\frac{1}{4}$ mile, Day 2: $\frac{1}{2}$ mile, Day 3: $\frac{1}{4}$ mile

Non-Beginners: Day 1- $\frac{1}{2}$ mile, Day 2: $\frac{3}{4}$ mile, Day 3: $\frac{1}{2}$ mile, Day 4: $\frac{3}{4}$ mile

Advanced: Day 1: 1 mile, Day 2: 1.5 miles, Day 3: 1 mile, Day 4: 1.5 miles, Day 5: 1 mile.

Week 4

Beginners: Day 1: $\frac{1}{4}$ mile, Day 2: $\frac{1}{2}$ mile, Day 3: $\frac{1}{4}$ mile

Non-Beginners: Day 1- $\frac{1}{2}$ mile, Day 2: $\frac{3}{4}$ mile, Day 3: $\frac{1}{2}$ mile, Day 4: $\frac{3}{4}$ mile

Advanced: Day 1: 1 mile, Day 2: 1.5 miles, Day 3: 1 mile, Day 4: 1.5 miles, Day 5: 1 mile.

Week 5

Beginners: Day 1: $\frac{1}{2}$ mile, Day 2: $\frac{3}{4}$ mile, Day 3: $\frac{1}{2}$ mile

Non-Beginners: Day 1- $\frac{3}{4}$ mile, Day 2: 1 mile, Day 3: $\frac{3}{4}$ mile, Day 4: 1 mile

Advanced: Day 1: 1.5 mile, Day 2: 2 miles, Day 3: 1.5 mile, Day 4: 2 miles, Day 5: 1.5 miles.

Week 6

Beginners: Day 1: $\frac{1}{2}$ mile, Day 2: $\frac{3}{4}$ mile, Day 3: $\frac{1}{2}$ mile

Non-Beginners: Day 1- $\frac{3}{4}$ mile, Day 2: 1 mile, Day 3: $\frac{3}{4}$ mile, Day 4: 1 mile

Advanced: Day 1: 1.5 mile, Day 2: 2 miles, Day 3: 1.5 mile, Day 4: 2 miles, Day 5: 1.5 miles.

Week 7

Beginners: Day 1: $\frac{3}{4}$ mile, Day 2: 1 mile, Day 3: $\frac{3}{4}$ mile

Non-Beginners: Day 1- 1 mile, Day 2: 1.5 mile, Day 3: 1 mile, Day 4: 1.5 mile

Advanced: Day 1: 2 miles, Day 2: 1.5 miles, Day 3: 2 miles, Day 4: 1.5 miles, Day 5: 2 miles.

Week 8

Beginners: Day 1: $\frac{3}{4}$ mile, Day 2: 1 mile, Day 3: $\frac{3}{4}$ mile

Non-Beginners: Day 1- 1 mile, Day 2: 1.5 mile, Day 3: 1 mile, Day 4: 1.5 mile

Advanced: Day 1: 2 miles, Day 2: 1.5 miles, Day 3: 2 miles, Day 4: 1.5 miles, Day 5: 2 miles.

Week 9

Beginners: Day 1: 1 mile, Day 2: $\frac{3}{4}$ mile, Day 3: 1 mile

Non-Beginners: Day 1- 1.5 mile, Day 2: 2 miles, Day 3: 1.5 miles, Day 4: 2 miles

Advanced: Day 1: 2 miles, Day 2: 1.5 miles, Day 3: 2.5 miles, Day 4: 1.5 miles, Day 5: 2 miles.

Week 10

Beginners: Day 1: 1 mile, Day 2: 1 mile, Day 3: 1 mile

Non-Beginners: Day 1- 1.5 mile, Day 2: 2 miles, Day 3: 1.5 miles, Day 4: 2.25 miles

Advanced: Day 1: 2.25 miles, Day 2: 2 miles, Day 3: 2.5 miles, Day 4: 2 miles, Race Day 5: 3.1 miles.

Bud James is an Illinois Track and Cross Country Hall of Fame running coach. He has coached numerous state cross country and track champions, Olympic trials qualifiers and Olympians including participants in the 2016 Rio Olympics.