

The 8 Week E5K Training Plan

Training tip: To fuel up for your workout, have a piece of fruit or an energy bar about 2 hours before you lace up your shoes. An hour later, drink 8 ounces of a sports drink. The drink will ensure that you are fully hydrated, and also that you have sufficient sodium and potassium for a healthy workout. [\(Bring a Towel and Water\)](#)

Week	Workout 1	Workout 2	Workout 3
1	Warm-up and Stretching The 1 / 5's: Total 1 mile Jog for 1 minute, walk for 5 minutes.	Warm-up and Stretching The 1 / 5's: Total 1 mile Jog for 1 minute, walk for 5 minutes.	Warm-up and Stretching. 20 Minutes of cross training, walking, running, swimming or whatever you like
2	Warm-up and Stretching The 1 / 4's: Total 1.25 mile	Warm-up and Stretching The 1 / 4's: Total 1.25 mile	Warm-up and Stretching. 20 Minutes of cross training, walking, running, swimming or whatever you like
3	Warm-up and Stretching The 1 / 3's: Total 1.5 mile Jog for 1 minute, walk for 3 minutes.	Warm-up and Stretching The 1 / 3's: Total 1.5 mile Jog for 1 minute, walk for 3 minutes.	Warm-up and Stretching. 30 Minutes of cross training, walking, running, swimming or whatever you like
4	Warm-up and Stretching The 90 Seconds: Total 2 mile Jog for 90 Seconds, walk for 4 minutes.	Warm-up and Stretching The 90 Seconds: Total 2 mile Jog for 90 Seconds, walk for 4 minutes	Warm-up and Stretching. 30 Minutes of cross training, walking, running, swimming or whatever you like
5	Warm-up and Stretching The 90 Second's: Total 2.25 mile Jog for 90 Seconds, walk for 3 minutes	Warm-up and Stretching The 90 Second's: Total 2.25 mile Jog for 90 Seconds, walk for 3 minutes	Warm-up and Stretching. 40 Minutes of cross training, walking, running, swimming or whatever you like
6	Warm-up and Stretching The 2 Minute Hits Total 2.5 mile Jog for 2 minutes, walk for 3 minutes	Warm-up and Stretching The 2 Minute Hits Total 2.5 mile Jog for 2 minutes, walk for 3 minutes	Warm-up and Stretching. 40 Minutes of cross training, walking, running, swimming or whatever you like
7	Warm-up and Stretching The 3 Minute Hits Total 3 mile Jog for 3 minutes, walk for 3 minutes	Warm-up and Stretching The 3 Minute Hits Total 3 mile Jog for 3 minutes, walk for 3 minutes	Warm-up and Stretching. 50 Minutes of cross training, walking, running, swimming or whatever you like
8	Warm-up and Stretching The 4 Minute Hits Total 3.25 mile Jog for 4 minutes, walk for 3 minutes	Warm-up and Stretching The 4 Minute Hits Total 3.25 mile Jog for 4 minutes, walk for 3 minutes	Warm-up and Stretching. 50 Minutes of cross training, walking, running, swimming or whatever you like
9	Warm-up and Stretching The 4 Minute Hits Total 3.25 mile Jog for 4 minutes, walk for 3 minutes E5K Packet Pickup	Warm-up and Stretching The 4 Minute Hits Total 3.25 mile Jog for 4 minutes, walk for 3 minutes E5K Packet Pickup	Eatonville 5K Run Saturday October 8, 2016 8:30am