

# MINDY-K PLAN

Welcome to the Mindy-K Training Plan! The plan is designed to help people run 9-minute miles for 3.1 miles (5K). The 8-week plan consists of running three days a week, with tempo runs, long runs, and easy-paced runs.

At 9 minutes a mile, you'll be able to complete a 5K in under 30 minutes, with plenty of room to spare.

**WEEK 1:** Today, your training kicks off with a day of rest. This week you'll have two more rest days, three short runs, and a longer run of four miles. If you want to add miles, do it on an easy day. But don't extend any run by more than one or two miles, or add miles on Saturday (the day before your long run). Doing too much too soon is a recipe for injury.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	2 miles easy (10:55/mile)	4 miles easy (10:55/mile)	Rest	3 miles easy (10:55/mile)	Rest	4 miles LSD	13 miles

**WEEK 2:** Welcome to week two of training. This week your training will be nearly identical to last week, with three short runs and three days of rest. Your long run will inch up to five miles. At this stage, focus on establishing a running routine that blends well into the rhythm of your daily life. Figure out what times of day are most convenient to run, and find a variety of safe, traffic-free, and convenient routes that you can take on a regular basis.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	2 miles easy (10:55/mile)	4 miles easy (10:55/mile)	Rest	3 miles easy (10:55/mile)	Rest	5 miles LSD	14 miles

**WEEK 3:** Welcome to week three of training. This week you'll have three short runs and three days of rest. On Sunday, your long run will remain at five miles. On Wednesday, you'll do your first tempo run, during which you'll practice holding a faster pace for a longer distance. This will help you develop the speed endurance you'll need for the race.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	3 miles easy (10:50/mile)	4 miles TEMPO 1-mile warm up 2 miles @ tempo (9:10/mile) 1-mile cooldown	Rest	3 miles easy (10:50/mile)	Rest	5 miles easy (10:50/mile)	15 miles

**TIP:** To keep cool on hot days, hit the trails instead of pounding the pavement. Hard surfaces can retain a lot of heat, and the shade from trees will help you keep down your core temperature.

**WEEK 4:** This is week four of training. This week will follow a similar pattern as last week with three days of rest, two short runs, and 800m repeats. Your long run will extend to six miles.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	3 miles easy (10:50/mile)	4.25 miles with 3x800m 1-mile warmup; 3x800m @ 4:10 with 400m recovery; 1-mile cooldown	Rest	3 miles easy (10:50/mile)	Rest	6 miles LSD (10:50/mile)	16 miles

**TIP:** If you're training in cold weather, dress as if it's 20 degrees warmer. You'll warm up quickly and start sweating once you get outside, and you don't want to risk overheating.

**WEEK 5:** This is week five of training. After this week you'll have three weeks until race day. This week you'll ratchet up the intensity of your runs. You'll have two short runs and a tempo run, which is slightly longer and a little faster than last week. Your long run will remain at six miles.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	3 miles easy (10:45/mile)	5 miles TEMPO 1-mile warmup 3 miles @ tempo pace (9:10/mile) 1-mile cooldown	Rest	4 miles easy (10:45/mile)	Rest	6 miles LSD (10:45/mile)	18 miles

**WEEK 6:** Welcome to week six of training. This week you'll have two short runs and mile repeats, which will be the same distance as last week. Your long run will move up to seven miles.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	4 miles easy (10:45/mile)	5 miles with 2x1 mile 1-mile warmup; 2x1 mile @ 8:55 w/ 800m jogs; 1-mile cooldown	Rest	4 miles easy (10:45/mile)	Rest	7 miles LSD	20 miles

**TIP:** Have a black toenail? It's caused by pooling of blood under the nail, which is caused by the toe rubbing or hitting the top of your shoe. It's best to leave it alone; the black nail will grow out in a few weeks or months. If it hurts, best to see a doctor.

**WEEK 7:** This is week seven of training. After this week the race will be one week away. You'll reduce your mileage this week so you can recover from all the hard work you've done and get refreshed for the race. You'll have two shorter runs and a shorter tempo run. Your long run will drop back to five miles.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	3 miles easy (10:40/mile)	4 miles TEMPO 1-mile warm up 2 miles @ tempo 1-mile cooldown	Rest	3 miles easy (10:40/mile)	Rest	5 miles LSD	15 miles

**WEEK 8:** This is week eight of training. *Your race is this weekend! Your race is this weekend!* Your hard-core training may be done, but there's still plenty you can do to increase your chances of being your best on race day. Be sure to get plenty of sleep, and iron out all your race-day logistics as soon as possible so you can enjoy your big weekend. You'll have two short runs and three days of rest. On Wednesday you'll do a short tempo run just to get the fast-twitch muscle fibers firing. You may feel tempted to run farther or faster than the training plan prescribes: Resist it. Now is the time to recover from all the hard work you've put in over the past two months, and rest up for the race. Don't try anything new this week. From now until the race, stick to the foods that you digest well, and that keep you energized for your runs.

MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILEAGE
Rest	4 miles easy (10:40/mile)	3 miles TEMPO 1-mile warmup 1-mile @ tempo pace (9:05/mile) 1-mile cooldown	Rest	4 miles easy (10:40/mile)	Rest	<b>RACE DAY*</b> 3.1 miles	14.1 miles

\* It's race day. Good luck! It's best to start at the back and run more slowly than you think you should in the first few hundred meters. The biggest mistake runners make is going out too fast. Stop at aid stations as you need to.

After you cross the finish line, be sure to walk and stretch immediately to reduce soreness and stiffness in the days ahead.

And congratulations. The race lasts less than an hour. But the pride of knowing you've completed the training and the race endures for much longer.

After you've recovered, think about training with Runner's World again. Check out our other training plans we've designed for 5-Ks, 10-Ks, and half-marathons. We'll be launching more plans on a regular basis. Please send feedback to us at [training@runnersworld.com](mailto:training@runnersworld.com).