

NIKE RUNNING
RACE
COACH

5K TRAINING
FINISH A RACE
WITH COACH PURVIS



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	WORKOUT	DAY OFF	WORKOUT	WORKOUT	RUN	DAY OFF
4 miles	2 miles It's your first day of training. Ease into it with a 2-mile run.	Weight Training Weight training is essential to any training program. Kick it off right with the NTC 30-minute Beginner Fighter Fit.	Rest Rest is just as important as training. Recharge your batteries so you can power through your workouts	Weight Training You need to maintain fitness on and off the road. Take on the NTC Get Toned Beginner Body Flexor program.	Stretch Flexibility and strength will help on race day.	2 miles Get out the door and crush this 2-miler today.	Rest Take today off, you earned it.
1							
TOTAL MILEAGE	RUN	WORKOUT	DAY OFF	WORKOUT	WORKOUT	RUN	DAY OFF
5 miles	2 miles Ease your way into week 2 with 2 miles at an easy pace.	Weight Training Stay strong by doing the NTC Get Strong Beginner Full Action program.	Rest Way to put in the work. Enjoy yourself, today's your day off.	Weight Training It's time to complete the NTC Get Strong Beginner Total Adrenaline program.	Stretch Stretching is vital when logging this many miles. Do some yoga to keep your body limber and ready to go the distance.	3 miles You know what they say about slow and steady. Take it easy for this 3 mile run.	Rest Getting the proper amount of rest will help fuel your runs.
2							
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	RUN	WORKOUT	DAY OFF
8 miles	3 miles Give it a go with a solid 3-mile run.	Weight Training Stay strong with the NTC Get Toned Intermediate Circuit Challenge program. It's all you.	3-mile Tempo Race day's around the corner. Warm up with a half-mile run, then find your race pace with a 2-mile Tempo Run. Finish with a nice and easy half-mile cool down.	Stretch Get in some yoga today. Stretching your muscles will help keep you injury-free and get you ready to crush your 5K on race day.	3 miles Challenge yourself and take on 3 miles today.	Weight Training Get a full body workout with the NTC Get Lean Intermediate Body Surge program.	Rest Today's your day. Enjoy the rest. You'll need it for next week.
3							
TOTAL MILEAGE	RUN	WORKOUT	RUN	WORKOUT	RUN	WORKOUT	DAY OFF
9 miles	2 miles Give your race pace a test run. 2 miles. Get after it.	Cross Training Keep things fun and mix up your training by going for a swim or doing a spin class to build up your endurance.	3 miles Take it easy with a light 3-mile run.	Weight Training Push yourself with the NTC Get Strong Beginner Pump Station program.	4 miles End your week strong with a 4-mile run at an easy pace.	Stretch Feel the burn? Do some yoga to recover after yesterday's 4-mile run.	Rest Take the day off. You're doing great.
4							
TOTAL MILEAGE	RUN	WORKOUT	WORKOUT	WORKOUT	RUN	LONG RUN	DAY OFF
15 miles	4 miles Start your week off on the right foot with a nice and easy 4-mile run.	Stretch Don't forget to stretch. Take a yoga or pilates class today to help keep things loose.	3-mile Tempo Race day's around the corner. Warm up with a half-mile run, then find your race pace with a 2-mile Tempo Run. Finish with a nice and easy half-mile cool down.	Weight Training Stay fit. Stay fast. Do the NTC Get Lean Advance Fast and Fierce program.	3 miles Keep your momentum going with an easy 3 miles.	5 miles Get ready to tackle 5 miles today. Remember: if the distance is too much, you can always break the run into two equal runs. Listen to your body.	Rest Kick back and rest your legs. After yesterday's 5-miler, you deserve it.
5							
TOTAL MILEAGE	RUN	WORKOUT	DAY OFF	DAY OFF	RUN	DAY OFF	RACE DAY
7 miles	3 miles You've made it to race week, but you're not done yet. Work your legs with an easy 3-mile run.	Stretch You've been training hard. Give your aching muscles a deep stretch with some yoga today.	Rest This week is all about the taper. Enjoy the day off and remember to keep hydrating in preparation for race day.	Rest Take the day off to prepare for the race. It's only three days away.	1 mile It's your last day of training before race day. Do a nice and easy 1-mile run to keep your muscles loose.	Rest Tomorrow's the day you've been training for. Take today off and get ready to run.	5K Race You trained like a champ and are ready to crush your 5K. Get after it.
6							