

Hilly 5K Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy Run 45-60 min + Flex	Easy Run 45-60 min + Flex	6-8 Red Hill Repeats	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Green Hill 6 miles	Rest or Restorative Yoga
2	Stairs + ST 30/30 min	Easy Run 45-60 min + Flex	3-4 Hill Climbers	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Race Simulation 5 miles	Rest or Restorative Yoga
3	Stairs + ST 30/30 min	Easy Run 45-60 min + Flex	6-8 Red Hill Repeats	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Green Hill 6 miles	Rest or Restorative Yoga
4	Stairs + ST 30/30 min	Easy Run 45-60 min + Flex	3-4 Hill Climbers	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Race Simulation: 5 miles	Rest or Restorative Yoga
5	Stairs + ST 30/30 min	Easy Run 45-60 min + Flex	8-10 Red Hill Repeats	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Green Hill 7 miles	Rest or Restorative Yoga
6	Stairs + ST 30/30 min	Easy Run 45-60 min + Flex	3-4 Hill Climbers	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Race Simulation 5 miles	Rest or Restorative Yoga
7	Stairs + ST 30/30 min	Easy Run 45-60 min + Flex	8-10 Red Hill Repeats	Easy Cycle + ST 30/30 min	Easy Run 40 min + Flex or Rest	Green Hill 6 miles	Rest or Restorative Yoga
8	Easy Run 30 Min + Flex	Stairs Only 20 min	Easy Cycle 30 min + Flex	Rest or Restorative Yoga	Easy Run 30 min + Flex	Rest	Hilly 5K