



5 Mile Training Program

Use this Schedule if you are new, or just returning, to distance running.

Follow the chart to tailor your workouts to what your schedule will allow. For the Strength Sessions, check out the videos provided by Jules B, your Radnor Run Personal Trainer by [clicking here](#). Thanks to past Radnor Run Overall Winner, Greg Thomas, for the run schedule!

Weeks prior to Race	Weekly Run/Walks¹	Strength Sessions² per week	Recovery/Stretch Days³ per week	Rest Days per week
16	<ul style="list-style-type: none"> • 1.5-2 mile run/walk • 1.5 -2.5 mile run/walk • 1.5-3 mile run/walk 	1	2	2
15	<ul style="list-style-type: none"> • 2.5 mile run/walk • 1.5-2 mile run/walk • 2-3 mile run/walk 	1	1	2
14	<ul style="list-style-type: none"> • 1.5-2.5 mile run/walk • 1.5 – 2.5 mile run/walk • 1.5-3 mile run/walk 	2	1	1
13	<ul style="list-style-type: none"> • 2-3 mile run/walk • 1.5-2 mile run/walk • 2-3 mile run/walk 	1	1	2
12	<ul style="list-style-type: none"> • 2-4 mile run/walk • 2-3 mile run/walk • 2-3 mile run/walk 	2	1	1
11	<ul style="list-style-type: none"> • 2-3 mile run/walk • 2-3 mile run/walk • 2-3 mile run/walk 	1	2	1
10	<ul style="list-style-type: none"> • 3-4 mile run/walk • 2-3 mile run/walk • 2-3 mile run/walk 	1	1	2
9	<ul style="list-style-type: none"> • 3-4 mile run/walk • 1-2 mile run/walk • 3-4 mile run/walk 	2	1	1
8	<ul style="list-style-type: none"> • 2-3 mile run/walk • 3-4 mile run/walk • 2-3 mile run/walk 	1	2	1
7	<ul style="list-style-type: none"> • 3-4 mile run/walk • 2-3 mile run/walk • 3-4 mile run/walk 	2	1	1
6	<ul style="list-style-type: none"> • 2-3 mile run/walk • 3-4 mile run/walk • 2-3 mile run/walk 	1	2	1

5	<ul style="list-style-type: none"> • 4-5 mile run/walk • 2-3 mile run/walk • 3-4 mile/run/walk 	2	1	1
4	<ul style="list-style-type: none"> • 2-3 mile run/walk • 2-3 mile run/walk • 4-5 mile run/walk 	1	2	1
3	<ul style="list-style-type: none"> • 2-3 mile run/walk • 3-4 mile run/walk • 2-3 mile run/walk 	2	1	1
2	<ul style="list-style-type: none"> • 4-6 mile run/walk • 3-4 mile run/walk • 2-3 mile run/walk 	1	1	2
1	<ul style="list-style-type: none"> • 4-5 mile run/walk • 2-3 mile run/walk • 3-5 mile run/walk 	0	2	2
Race Week!	<ul style="list-style-type: none"> • 2-3 mile run/walk • 1-2 mile run/walk • 20 minutes of easy running/walking • RADNOR RUN! 	0	1	2

¹The weekly run/walks should be done in the order shown but try not to do a run/walk two days in a row. A run/walk consists of running at a moderate pace until you just about need to stop, and then walking at a moderate pace until you feel like you can run again. Don't push the run part until you must stop. Don't slow the walk part enough to cool down all the way.

²A workout devoted to building strength through bodyweight or weighted movement. We recommend the video workouts by Jules B that you can find by [clicking here](#).

³This can be a Yoga or Pilates class, or just guided or independent stretching. Jules also has some of those for you, [click here](#).



5 Mile Training Program

Use this Schedule if you run now and then but are new to a 5 mile race.

Follow the chart to tailor your workouts to what your schedule will allow. For the Strength Sessions, check out the videos provided by Jules B, your Radnor Run Personal Trainer by [clicking here](#). Thanks to past Radnor Run Overall Winner, Greg Thomas, for the run schedule!

Weeks prior to Race	Weekly Run/Walks ¹	Strength Sessions ² per week	Recovery/Stretch Days ³ per week	Rest Days per week
16	<ul style="list-style-type: none"> • 2-2.5 mile run • 2-3 mile run • 1-2 mile run 	1	2	2
15	<ul style="list-style-type: none"> • 1-2 mile run • 2-3 mile run • 1-2 mile run 	1	1	2
14	<ul style="list-style-type: none"> • 2-3 mile run • 2-2.5 mile run • 1-2 mile run 	2	1	1
13	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run 	1	1	2
12	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 1-2 mile run 	2	1	1
11	<ul style="list-style-type: none"> • 3-3.5 mile run • 2-2.5 mile run • 1-2 mile run 	1	2	1
10	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 3-3.5 mile run 	1	1	2
9	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run 	2	1	1
8	<ul style="list-style-type: none"> • 3-4 mile run • 2-3 mile run • 2-3 mile run 	1	2	1
7	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 3-4 mile run 	2	1	1
6	<ul style="list-style-type: none"> • 2-3 mile run • 3-4 mile run • 2-3 mile run 	1	2	1

5	<ul style="list-style-type: none"> • 4-5 mile run • 2-3 mile run • 3-4 mile run 	2	1	1
4	<ul style="list-style-type: none"> • 4-5 mile run • 2-3 mile run • 3-4 mile run 	1	2	1
3	<ul style="list-style-type: none"> • 3-4 mile run • 3-4 mile run • 3-4 mile run 	2	1	1
2	<ul style="list-style-type: none"> • 4-6 mile run • 2-3 mile run • 3-4 mile run 	1	1	2
1	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run 	0	2	2
Race Week!	<ul style="list-style-type: none"> • 2-3 mile run • 1-2 mile run • 20 minute easy run • RADNOR RUN! 	0	1	2

¹The weekly run/walks should be done in the order shown but try not to do a run/walk two days in a row. A run/walk consists of running at a moderate pace until you just about need to stop, and then walking at a moderate pace until you feel like you can run again. Don't push the run part until you must stop. Don't slow the walk part enough to cool down all the way.

²A workout devoted to building strength through bodyweight or weighted movement. We recommend the video workouts by Jules B that you can find by [clicking here](#).

³This can be a Yoga or Pilates class, or just guided or independent stretching. Jules also has some of those for you, [click here](#).

Use this Schedule to bridge the gap between racing 5K and 5 Miles.

Follow the chart to tailor your workouts to what your schedule will allow. For the Strength Sessions, check out the videos provided by Jules B, your Radnor Run Personal Trainer by [clicking here](#). Thanks to past Radnor Run Overall Winner, Greg Thomas, for the run schedule!

Weeks prior to Race	Weekly Run/Walks ¹	Strength Sessions ² per week	Recovery/Stretch Days ³ per week	Rest Days per week
16	<ul style="list-style-type: none"> • 2-3 mile run • 3-4 mile run • 2-3 mile run • 3-4 mile run 	1	1	1
15	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 3-4 mile run • 3-5 mile run 	2	1	1
14	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run • 4-5 mile run 	1	1	1
13	<ul style="list-style-type: none"> • 1-2 mile run • 3-4 mile run • 2-3 mile run • 3-4 mile run 	2	1	1
12	<ul style="list-style-type: none"> • 2-3 mile run • 4-5 mile run w/ Workout #1* • 2-3 mile run • 3-4 mile run 	1	2	1
11	<ul style="list-style-type: none"> • 1-3 mile run • 3-4 mile run w/ Workout #2* • 1-3 mile run • 3-4 mile run 	1	1	1
10	<ul style="list-style-type: none"> • 2-3 mile run • 4-5 mile run w/ Workout #3* • 2-3 mile run • 3-4 mile run 	2	1	1
9	<ul style="list-style-type: none"> • 2-3 mile run • 3-4 mile run w/ Workout #4* • 2-3 mile run • 5-6 mile run 	1	1	1
8	<ul style="list-style-type: none"> • 2-3 mile run • 3-4 mile run • 2-3 mile run • 4-5 mile run 	1	2	1

7	<ul style="list-style-type: none"> • 2-3 mile run • Tuesday – Off • 4-5 mile run w/ Workout #5* • 2-3 mile run • 3-4 mile run 	2	1	1
6	<ul style="list-style-type: none"> • 2-3 mile run • Tuesday – Off • 4-5 mile run w/ Workout #6* • 2-3 mile run • 4-5 mile run 	1	1	1
5	<ul style="list-style-type: none"> • 3-4 mile run • 4-5 mile run w/ Workout #7* • 3-4 mile run • 5-7 mile run 	1	2	1
4	<ul style="list-style-type: none"> • 2-3 mile run • Tuesday – Off • 4-5 mile run w/ Workout #8* • 2-3 mile run • 4-6 miles 	2	1	1
3	<ul style="list-style-type: none"> • 2-3 mile run • 5-6 mile run w/ Workout #9* • 3-4 mile run • 6-8 mile run 	1	2	1
2	<ul style="list-style-type: none"> • 2-3 mile run • 4-5 mile run w/ Workout #10* • 2-3 mile run • 5-6 mile run 	2	1	1
1	<ul style="list-style-type: none"> • 2-3 mile run • 3-4 mile run • 2-3 mile run • 3-4 mile run 	0	1	1
Race Week!	<ul style="list-style-type: none"> • 2-3 mile run • 2-3 mile run • 2-3 mile run • RADNOR RUN! 	0	1	2

For the weeks that have more than 7 actions, you should combine either a Strength or a Stretch/Recovery action with the easiest run day.

¹The weekly run/walks should be done in the order shown but try not to do a run/walk two days in a row. A run/walk consists of running at a moderate pace until you just about need to stop, and then walking at a moderate pace until you feel like you can run again. Don't push the run part until you must stop. Don't slow the walk part enough to cool down all the way.

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Introducing Interval Training

The workouts in the noted runs are optional. If you decide to do the workouts try your best to “feel” the effort percentages. Don’t be too hard on yourself or overthink the effort percentages. 100% is an all-out sprint, 90% is more of a strong effort you can hold on to for a quarter mile, 80% is an effort you could hold for closer to a half mile, etc. Anything lower than a 50% effort should be “conversational pace”, meaning you could have a conversation with someone, while running, if you needed to. 0% would be walking. I would also recommend getting an easy mile or two in before you start the intervals, and then following the workout with an easy pace cool down. I would also recommend taking a day of rest or recovery/stretch after a workout day, but if you decide to run on a day after a workout please take it EASY!

Here are the workouts:

Workout #1	Repeat 10 times: 30 seconds at 70% effort / 30 seconds at conversational pace
Workout #2	Repeat 4 times: 1 minute at 60% effort / 30 seconds at conversational pace
Workout #3	Repeat 6 times: 1 minute at 70% effort/ 1 minute at conversational pace
Workout #4	Repeat 5 times: 30 seconds at 80% effort / 30 seconds at conversational pace
Workout #5	Repeat 6 times: 30 seconds at 90% effort / 1 minute at conversational pace
Workout #6	Repeat 6 times: 1 minute at 80% effort / 1 minute at conversational pace
Workout #7	Repeat 6 times: 2 minutes at 70% effort / 1 minute at conversational pace
Workout #8	Repeat 8 times: 30 seconds at 90-100% effort / 30 seconds at 0% effort
Workout #9	Repeat 8 times: 2 minutes at 80-90% effort / 1 minute at conversational pace
Workout #10	Repeat 10 times: 30 seconds at 80-90% effort / 30 seconds at conversational pace