



RUN *coach* **JAMIE**

5K PLAN

RUN DISNEY 2026



5K Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1								
10/20	1		1			1		3 miles
	1.5		1.5			1.5		4.5 KM
	15		15			15		45 min
Week 2								
10/27	1		1			1		3 miles
	1.5		1.5			1.5		4.5 KM
	15		15			15		45 min
Week 3								
11/3	1		1			1.5		3.5 miles
	1.5		1.5			2.5		5.5 KM
	15		15			20		50 min
Week 4								
11/10	1		1			1		3 miles
	1.5		1.5			1.5		4.5 KM
cutback	15		15			15		45 min
Week 5								
11/17	1		1			1.5		3.5 miles
	1.5		1.5			2.5		5.5 KM
	15		15			20		50 min
Week 6								
11/24	1.5		1.5			2		5 miles
	2.5		2.5			2.5		7.5 KM
	20		20			20-25		60-65 min
Week 7								
12/1	1.5		2			2.5		6 miles
	2.5		3			4		9.5 KM
	20		25			30		75 min
Week 8								
12/8	1.5		1.5			2		5 miles
	2.5		2.5			3		8KM
cutback	20		20			25		65 min
Week 9								
12/15	2		2			2.5		6.5 miles
	3		3			4		10KM
	25		25			30		80 min
Week 10								
12/22	2		2			2.5		6.5 miles
	3		3			4		10KM
	25		25			30-35		80-85 min
Week 11								
12/29	2		2			3		7 miles
	3		3			5		11KM
	25		25			40		90 min
Week 12								
1/5					3.1			3.1 miles
					5			5KM
RACE WEEK	20		15					35 min

Weekly Exercises

Monday and Wednesday workouts

Walk the designated distance or time.

I love to play around with exercising for time and distance. It is a great way to to switch things up.

Saturday Walk OR Run

Saturday workouts can be a run, walk or a combo of the two

New to intervals?

Keep the running portion of the intervals easy... do not sprint or go at your max effort

My favorite intervals for athletes who are just getting started

15 seconds run/ 45 seconds walk

20 seconds run/ 40 seconds walk

30 seconds run/90 seconds walk

these are considered 1:3, the walks are 3 X as long as the run