

BIG B: 5-MILE RACE

OPTIONAL TRAINING PROGRAM

RACE DAY: Saturday June 7, 2025

PROGRAM START: April 14 (8 weeks prior to race day)



| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN | MILES |
|------|--------------------|--------------|--------------|---------------------|------|----------------------|------------|-------------------------|
| 1 | Stretch & Strength | 2 mile run | 30 min cross | 2 mi run + strength | Rest | 30 min cross | 2 mi run | 6 |
| 2 | Stretch & Strength | 2 mile run | 30 min cross | 2 mi run + strength | Rest | 30 min cross | 2.5 mi run | 6.5 |
| 3 | Stretch & Strength | 2.5 mile run | 35 min cross | 2 mi run + strength | Rest | 40 min cross | 3 mi run | 7.5 |
| 4 | Stretch & Strength | 2.5 mile run | 35 min cross | 2 mi run + strength | Rest | 40 min cross | 3.5 mi run | 8.5 |
| 5 | Stretch & Strength | 2.5 mile run | 40 min cross | 2 mi run + strength | Rest | 50 min cross | 4 mi run | 8.5 |
| 6 | Stretch & Strength | 3 mile run | 40 min cross | 2 mi run + strength | Rest | 50 min cross | 4 mi run | 9 |
| 7 | Stretch & Strength | 3 mile run | 45 min cross | 2 mi run + strength | Rest | 60 min cross | 4.5 mi run | 9.5 |
| 8 | Stretch & Strength | 3 mile run | 30 min cross | 2 mi run | Rest | Rest or 60 min cross | Rest | 8K (5 Mile) Race |