

5km Training Plan

Welcome to the Bend Marathon Training Plans. We have created 4 different plans for each distance that we offer on race day; Marathon, Half Marathon, 10km, and 5km. These plans are meant to offer you a starting point for your training so that you have the best chance of making it to the finish line on race day. These are basic beginner plans that should give you a good level of base fitness by the end of the program. These will be appropriate for beginners that need a training plan but will not have the time or capacity to join a training group or be able to commit to one that is more intense.



We highly recommend the 5km Training Group at Footzone in Bend or a local training group in your area as there is a lot to learn about training, racing, running form, nutrition, mental training, pacing, so much more.

In order to help you complete the program below are some explanations that will help you understand what some of the workouts in the program call for. As you move through the weeks you find that your fitness is progressing and the runs/walks from two week prior are now getting easier. By the time the race comes you'll have gained a base level of fitness that will help you get through the race.

Rest: Rest means a day you take off of running or any major activity. You can still go on an easy walk or some other easy activity, but nothing that requires exertion. The focus of this day is recovery

Easy run: Running at your "all day" pace, or the pace you feel you can hold for a long time without straining. It should feel comfortable. You could easily hold a conversation the whole run.

Cross Train: Active recovery. Some sort of activity/exercise that you enjoy besides running (cycle, hike, spin, swim, elliptical, etc) at a comfortably hard pace for the indicated time period for that day