

LIFETIME[®]
305 HALF MARATHON
5KSM PRESENTED BY  Baptist Health

5K TRAINING CALENDAR

JANUARY 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	Tempo	2	Recovery	3	Long Run
								10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		0.5 miles or 30 mins	
4	Recovery or rest	5	Easy	6	Intervals	7	Recovery	8	Long Intervals	9	Recovery	10	Long Run
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy run		35 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		30 minutes easy pace		0.5 miles or 30 mins	
11	Recovery	12	Easy	13	Easy	14	Recovery	15	Tempo	16	Recovery	17	Long Run
35 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		Recovery 30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		1 miles or 60 mins	
18	Recovery	19	Easy	20	Intervals	21	Recovery	22	Fartlek	23	Recovery	24	Long Run
30 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		1 miles or 60 mins	
25	Recovery or rest	26	Easy	27	Intervals	28	Recovery	29	Fartlek	30	Recovery	31	Long Run
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy run		40 minutes easy pace		Fartlek 10 minutes easy + 10 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		30 minutes easy pace		1.5 miles or 65 mins	

FEBRUARY 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery	2	Easy	3	Intervals	4	Recovery	5	Long Intervals	6	Recovery	7	Long Run
25 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		30 minutes easy pace		2 miles or 70 minutes + 6 x 100 meter Striders	
8	Recovery	9	Easy	10	Intervals	11	Recovery	12	Long Intervals	13	Recovery	14	Long Run
25 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		35-40 minutes easy pace		2 miles or 70 minutes + 6 x 100 meter Striders	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Long Intervals	20	Recovery	21	Long Run
30 minutes easy pace		35 minutes easy pace + 8 x 100 meter Striders		15 minutes easy run 10 x 400 meter 3 minutes jog/rest between each repetition 15 minutes easy run		25 minutes easy pace		15 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		20-25 minutes easy pace		2.5 miles or 70 minutes + 6 x 100 meter Striders	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery or rest	28	Long Run
25-30 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy + 25 minutes tempo pace + 5 minutes easy 8 x 100 meter Striders		25 minutes easy pace		3 miles or 75 minutes + 6 x 100 meter Striders	

