

# BIG B: 5-MILE RACE

## OPTIONAL TRAINING PROGRAM

**RACE DAY:** Saturday June 6, 2026

**PROGRAM START:** April 11 (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	<b>8K (5 Mile) Race</b>