



Official Outlast Training Plan

This 12-week training plan is designed to help the average runner successfully complete OUTLAST: One 5K. One Hour. For 6 Hours. The program gradually builds endurance, pacing, and recovery skills to ensure you're ready to meet the challenge.

Week	Day 1	Day 2	Day 3	Day 4
Week 1	Easy Run 2–3 miles	Intervals: 6x400m @ 5K pace, 90s rest	Long Run 4–5 miles	Optional Recovery Run/Cross-train 2 miles
Week 2	Easy Run 2–3 miles	Intervals: 6x400m @ 5K pace, 90s rest	Long Run 5–6 miles	Optional Recovery Run/Cross-train 2 miles
Week 3	Easy Run 2–3 miles	Intervals: 6x400m @ 5K pace, 90s rest	Long Run 6–7 miles	Optional Recovery Run/Cross-train 2 miles
Week 4	Easy Run 2–3 miles	Intervals: 6x400m @ 5K pace, 90s rest	Long Run 7–8 miles	Optional Recovery Run/Cross-train 2 miles
Week 5	Easy Run 3–4 miles	Intervals: 5x800m @ 5K pace, 2m rest	Long Run 6–7 miles	Double Run: 3 miles AM / 2 miles PM

Week	Day 1	Day 2	Day 3	Day 4
Week 6	Easy Run 3–4 miles	Intervals: 5x800m @ 5K pace, 2m rest	Long Run 7–8 miles	Double Run: 3 miles AM / 2 miles PM
Week 7	Easy Run 3–4 miles	Intervals: 5x800m @ 5K pace, 2m rest	Long Run 8–9 miles	Double Run: 3 miles AM / 2 miles PM
Week 8	Easy Run 3–4 miles	Intervals: 5x800m @ 5K pace, 2m rest	Long Run 9–10 miles	Double Run: 3 miles AM / 2 miles PM
Week 9	Easy Run 4–5 miles	Intervals: 3x1 mile @ 5K pace, 3m rest	Long Run 8–9 miles	Simulation: 2–3x 5K with 1h rest
Week 10	Easy Run 4–5 miles	Intervals: 3x1 mile @ 5K pace, 3m rest	Long Run 9–10 miles	Simulation: 2–3x 5K with 1h rest
Week 11	Easy Run 4–5 miles	Intervals: 3x1 mile @ 5K pace, 3m rest	Long Run 10–11 miles	Simulation: 2–3x 5K with 1h rest
Week 12	Easy Run 2–3 miles	Intervals: 4x400m light speed	Short Run 3 miles	Rest / Walk

Frequently Asked Questions

Do I need to run every day?

No. This plan is designed for 4 days per week to balance progress and recovery.

Can I walk during training?

Yes. Walk breaks are fine on easy days or during long runs, as long as you finish the distance.

What pace should I run my easy runs?

Run at a conversational pace—slow enough to talk without gasping for air.

What should I eat before runs?

Eat light, easy-to-digest carbs 1–2 hours before running. Examples: toast, banana, oatmeal.

How do I recover between 5Ks in the race?

Use the time to hydrate, snack lightly, and keep moving gently to avoid stiffness.

What if I miss a week?

Pick up where you left off. Don't try to cram missed workouts into one week.

Can I cross-train instead of running?

Yes. Activities like biking, swimming, or rowing can replace an easy run if needed.

Do I need special shoes?

Any comfortable, well-fitting running shoes will work. Rotate pairs if you have them.

What should I do if I feel pain?

Take an extra rest day. If pain persists, see a medical professional before resuming.

How fast should I run the race 5Ks?

Aim for 35–50 minutes per 5K. Save energy for later rounds by running steady, not fast.