

5K Training (For beginners running their first 5K)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 min. walk	Rest Day	30 min. walk	Rest Day	30 min. walk	Rest Day	30 min. walk
Week 2	Rest Day	Walk 5 min., run/jog 1 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 1 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 1 min., alternate back and forth for 30 minutes.	Rest Day
Week 3	Walk 5 min., run/jog 2 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 2 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 2 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 2 min., alternate back and forth for 30 minutes.
Week 4	Rest Day	Walk 5 min., run/jog 3 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 3 min., alternate back and forth for 30 minutes.	Rest Day	Walk 5 min., run/jog 3 min., alternate back and forth for 30 minutes.	Rest Day
Week 5	Walk 4 min., run/jog 4 min., alternate back and forth for 35 minutes.	Rest Day	Walk 4 min., run/jog 4 min., alternate back and forth for 35 minutes.	Rest Day	Walk 4 min., run/jog 4 min., alternate back and forth for 35 minutes.	Rest Day	Walk 4 min., run/jog 4 min., alternate back and forth for 35 minutes.
Week 6	Rest Day	Walk 3 min., run/jog 5 min., alternate back and forth for 40 minutes.	Rest Day	Walk 3 min., run/jog 5 min., alternate back and forth for 40 minutes.	Rest Day	Walk 3 min., run/jog 5 min., alternate back and forth for 40 minutes.	Rest Day
Week 7	Walk 2 min., run/jog 6 min., alternate back and forth for 45 minutes.	Rest Day	Walk 2 min., run/jog 6 min., alternate back and forth for 45 minutes.	Rest Day	Walk 2 min., run/jog 6 min., alternate back and forth for 45 minutes.	Rest Day	Walk 2 min., run/jog 6 min., alternate back and forth for 45 minutes.
Week 8	Rest Day	Walk 4 min., run/jog 5 min., alternate back and forth for 30 minutes.	Rest Day	Walk 4 min., run/jog 4 min., alternate back and forth for 30 minutes.	Rest Day	20 minute walk	RACE DAY!!!