

5K

TRAINING PLAN

& 1k Fun Run/Walk



WEEK 1

GOAL: Ease into the training plan and remember to give your body time to acclimate!

MON

STRETCH

TUES

WALK 3 MIN
JOG 3 MIN
REPEAT 3X

WED

STRETCH

THURS

WALK 4 MIN
JOG 2 MIN
REPEAT 3X

FRI

STRETCH

SAT

WALK 5 MIN
JOG 1 MIN
REPEAT 3X

SUN

STRETCH

WEEK 2

GOAL: Keep the start of your training fun! Find a friend to run with you!

MON

WALK 2 MIN
JOG 6 MIN
REPEAT 3X

TUES

STRETCH

WED

WALK 2 MIN
JOG 10 MIN
REPEAT 2X

THURS

STRETCH

FRI

JOG 15 MIN
WALK 5 MIN
JOG 5 MIN

SAT

STRETCH

SUN

20 MIN OF
EASY
RUNNING

WEEK 3

GOAL: Increase jogging intervals and take shorter walk breaks.

MON

STRETCH

TUES

WALK 2 MIN
JOG 10 MIN
REPEAT 2X

WED

STRETCH

THURS

WALK 2 MIN
JOG 10 MIN
REPEAT 2X

FRI

15 MIN OF
EASY
RUNNING

SAT

STRETCH

SUN

WALK 2 MIN
JOG 15 MIN
WALK 2 MIN
JOG 10 MIN

WEEK 4

GOAL: Increase your pace when possible!

MON

STRETCH

TUES

WALK 2 MIN
JOG 20 MIN
WALK 3 MIN
JOG 5 MIN

WED

STRETCH

THURS

WALK 2 MIN
JOG 15 MIN
REPEAT 2X

FRI

STRETCH

SAT

STRETCH

SUN

JOG 25 MIN
WALK 5 MIN

WEEK 5

GOAL: It's race week! Your fitness is peaking and hopefully you are having a blast! Go into the 5k with confidence! You've got this!

MON

STRETCH

TUES

WALK 1 MIN
JOG 10 MIN
REPEAT 3X

WED

JOG 25 MIN
WALK 5 MIN
JOG 5 MIN

THURS

STRETCH

FRI

STRETCH

SAT

PICK UP
YOUR RACE
PACKET

SUN

RUN THE 5K!