**WEEK 1**

**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

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

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**WEEK 2**

**MON**
Walk 2 min Jog 6 min Repeat 3x

**TUES**
Stretch

**WED**
Walk 2 min Jog 10 min Repeat 2x

**THURS**
Jog 15 min Walk 5 min Jog 5 min

**FRI**
Stretches

**SAT**
Stretches

**SUN**
20 min of easy running

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

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**WEEK 3**

**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**
Stretches

**SUN**
Walk 2 min Jog 15 min Walk 2 min Jog 10 min

**GOAL:** Increase jogging intervals and take shorter walk breaks.

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**WEEK 4**

**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**
Stretches

**SAT**
Stretches

**SUN**
Jog 25 min Walk 5 min

**GOAL:** Increase your pace when possible!

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**WEEK 5**

**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!

**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!