

» 5K TRAINING SCHEDULE

This schedule is designed to give the beginning runner the necessary training to complete a 5K race at a comfortable pace. The key is to exercise for 30 minutes four times per week. The Saturday run should include a 5 minute walking warm up and warm down. Start out at a pace that you can hold for the entire run. The running gets harder as the training progresses. Therefore, try to stick to the schedule and don't over do it !

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	WALK 30 MINUTES	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	1.5 MILE RUN	OFF
2	WALK 30 MINUTES	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	1.5 MILE RUN	OFF
3	RUN/WALK 30 MIN	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	2 MILE RUN	OFF
4	RUN/WALK 30 MIN	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	2 MILE RUN	OFF
5	RUN/WALK 30 MIN	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	2.5 MILE RUN	OFF
6	RUN/WALK 30 MIN	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	2.5 MILE RUN	OFF
7	RUN/WALK 30 MIN	RUN/WALK 30 MIN	OFF	RUN/WALK 30 MIN	OFF	3 MILE RUN	OFF
8	RUN/WALK 30 MIN	RUN/WALK 30 MIN	OFF	RUN/WALK 20 MIN	OFF	RACE 5K	OFF