

YOUR FIRST 5K

Week

	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
1	REST	Walk (2 minutes)/ Run (1 minute) 15–20 minutes	Cross- train	Walk (2 minutes)/ Run (2 minutes) 10–20 minutes	REST	Cross- train	Long Run Walk (2 minutes)/ Run (3 minutes) 20–30 minutes
2	REST	Walk (2 minutes)/ Run (1 minute) 15–20 minutes	Cross- train	Walk (2 minutes)/ Run (5 minutes) 10–20 minutes	REST	Cross- train	Long Run Walk (2 minutes)/ Run (5 minutes) 20–30 minutes
3	REST	Walk (2 minutes)/ Run (2 minutes) 20–30 minutes	Cross- train	Walk (1 minute)/ Run (10 minutes) 10–25 minutes	REST	Cross- train	Long Run Walk (1 minute)/ Run (5 minutes) 30–40 minutes
4	REST	Walk (2 minutes)/ Run (2 minutes) 20–30 minutes	Cross- train	Easy Run 15–25 minutes	REST	Cross- train	Long Run Walk (1 minute)/ Run (10 minutes) 30–40 minutes
5	REST	Walk (1 minute)/ Run (3 minutes) 30–40 minutes	Cross- train	Easy Run 15–25 minutes	REST	Cross- train	Long Run Walk (30 seconds)/ Run (10 minutes) 30–40 minutes
6	REST	Walk (1 minute)/ Run (3 minutes) 30–40 minutes	Cross- train	Easy Run 10 minutes	REST	Cross- train	RACE DAY! Run a 5K