

5K
8-WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	OFF	1 mile walk 4 min, run 1 (x3)	OFF	1 mile walk 4 min, run 1 (x3)	OFF	1 mile walk 4 min, run 1 (x3)	Cross-train 30 min
WEEK 2	OFF	1.25 miles walk 3 min, run 2 (x4)	OFF	1.25 miles walk 3 min, run 2 (x4)	OFF	1.25 miles walk 3 min, run 2 (x4)	Cross-train 30 min
WEEK 3	OFF	1.5 miles walk 2 min, run 3 (x5)	OFF	1.5 miles walk 2 min, run 3 (x5)	OFF	1.5 miles walk 2 min, run 3 (x5)	Cross-train 30 min
WEEK 4	OFF	1.75 miles ROLLING HILLS walk 1 min, run 4 (x5)	OFF	1.75 miles walk 1 min, run 4 (x5)	OFF	2 miles walk 1 min, run 4 (x6)	Cross-train 30 min
WEEK 5	OFF	2.25 miles walk 1 min, run 5 (x6)	OFF	2.25 miles walk 1 min, run 5 (x6)	OFF	2.5 miles Run 1 mile nonstop + walk the rest	Cross-train 35 min
WEEK 6	OFF	2.5 miles walk 1 min, run 6 (x5)	OFF	2.5 miles walk 1 min, run 8 (x4)	OFF	3 miles walk 1 min, run 10 (x4)	Cross-train 40 min
WEEK 7	OFF	2.5 miles walk 1 min, run 11 (x3)	OFF	2.5 miles walk 1 min, run 11 (x3)	OFF	3 miles walk 1 min, run 14 (x3)	Cross-train 40 min
WEEK 8 RACE WEEK!	OFF	2 miles walk 1 min, run 5 (x6)	OFF	1 mile walk 1 min, run 5 (x3)	OFF	RACE WEEKEND! (TIP: Keep moving the day after to shake out your legs.)	

TIP: Distances are calculated on a walk/run pace of approximately 15 min/mile. Your pace will vary — that's OK! Just use this as a guide and you'll be ready for race day.