



8 Week 5k Training Plan **RUNNING**

Before beginning any exercise program, visit your doctor for a complete physical.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 5X)
Week 2	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minute (Repeat 5X)	REST
Week 3	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	REST	Run 4 Minutes Walk 2 Minutes (Repeat 6X)
Week 4	REST	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	REST
Week 5	Run 5 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)
Week 6	REST	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	REST
Week 7	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)
Week 8	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	EVENT DAY (Have Fun!)	REST	Run 4 Minutes Walk 1 Minute (Repeat 7X)	REST

POINTERS AND TIPS

- Workout and rest days are flexible.
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- Set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.



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