



8 WEEK 5K TRAINING GUIDE

Before beginning any exercise program, visit your doctor for a complete physical. Cross-training is optional but highly recommended. This includes swimming, cycling, spinning, rowing, strength training or walking. Cross-training sessions are 30-45 minutes at an easy to moderate intensity level.

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



Post about your training.



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- Your heart is the only muscle that never rests.
- You take 21,000 breaths every day.
- Your brain transmits information at 268 mph.
- Your body contains more than 600 muscles.



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