

8 WEEK BEGINNER 5K TRAINING GUIDE

	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 Minutes (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	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST		REST

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.

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- If walking, walk briskly or "with purpose".
- Take walk breaks as needed.
- If running, set a comfortable pace. You should be able to carry a conversation while running.
- Have fun and enjoy the experience!



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