

5k Training Schedule

The following schedule should include a run at least three times per week. All running should be done at a relatively slow pace, and all walking should be done briskly. Of course, a proper warm up and cool down are required. This program starts conservatively. You can even fall a little behind and still get back on the program.

	SUN	MON	TUES	WED	THURS	FRI	SAT	Weekly Total
WEEK 1	Run 1, Walk 2; *6sets,2min	OFF	OFF	Run 1, Walk 2 *6sets,2min	OFF	Run 1, Walk 2 *6sets,2min	OFF	1hr
WEEK 2	Run 1, Walk 1; *10sets	OFF	OFF	Run 1, Walk 1; *10 sets	OFF	Run 1, Walk 1; *10 sets	OFF	1hr
WEEK 3	Run 2, Walk 1; *6sets,2min	OFF	OFF	Run 2, Walk 1; *6sets,2min	OFF	Run 2, Walk 1; *6sets,2min	OFF	1hr
WEEK 4	Run 3, walk 1; *5 sets	OFF	OFF	Run 3, walk 1; *5 sets	OFF	Run 3, walk 1; *5 sets	OFF	1hr
WEEK 5	Run 4, Walk 1; *4 sets	OFF	OFF	Run 4, Walk 1; *4 sets	OFF	Run 4, Walk 1; *4 sets	OFF	1hr
WEEK 6	Run 5, Walk 1; *3sets,2min	OFF	OFF	Run 5, Walk 1; *3sets,2min	OFF	Run 5, Walk 1; *3sets,2min	OFF	1hr
WEEK 7	Run 6, Walk1; *3sets,2min	OFF	OFF	Run 6, Walk1; *3sets,2min	OFF	Run 6, Walk1; *3sets,2min	OFF	1hr 9min
WEEK 8	Run 8, Walk 1; *3sets,2min	OFF	OFF	Run 8, Walk 1; *3sets,2min	OFF	Run 8, Walk 1; *3sets,2min	OFF	1hr 27min
WEEK 9	Run10, Walk 1; *3sets,2min	OFF	OFF	Run10, Walk 1; *3sets,2min	OFF	Run10, Walk 1; *3sets,2min	OFF	1hr 45min
WEEK 10	Run 20 or 30 min non-stop	OFF	OFF	Run 20 or 30 min non-stop	OFF	Run 20 or 30 min non-stop	OFF	
WEEK 11	All distances done in KM							

If you can't keep up, or lose time from illness or injury, don't panic; stay at the level you can handle or go back a level until you are ready to move on.

Good luck!