

If running .5- mile for your first workout seems too difficult, you might want to begin with the run/walk program. If this program seems too easy, consider beginning the program at week 3 or 4. Be careful not to overdo it, especially if this is your first time training for a 5K.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest or run/walk	.5-mile run	Rest or run/walk	.5-mile run	Rest	.5-mile run	30 min. walk
2	Rest or run/walk	.8-mile run	Rest or run/walk	.5-mile run	Rest	.8-mile run	30-60 min. walk
3	Rest or run/walk	1-mile run	Rest or run/walk	1-mile run	Rest	1-mile run	30-60 min. walk
4	Rest or run/walk	1.5-mile run	Rest or run/walk	1-mile run	Rest	1.5-mile run	30-60 min. walk
5	Rest or run/walk	1.75-mile run	Rest or run/walk	1.5-mile run	Rest	1.75-mile run	35-65 min. walk
6	Rest or run/walk	2-mile run	Rest or run/walk	1.5-mile run	Rest	2-mile run	40-60 min. walk
7	Rest or run/walk	2.25-mile run	Rest or run/walk	1.5-mile run	Rest	2.25-mile run	45-65 min. walk
8	Rest or run/walk	2.5-mile run	Rest or run/walk	2-mile run	Rest	2.5-mile run	50-60 min. walk
9	Rest or run/walk	2.75-mile run	Rest or run/walk	2-mile run	Rest	2.75-mile run	55-65 min. walk
10	Rest or run/walk	3-mile run	Rest or run/walk	2-mile run	Rest	3-mile run	60 min. walk
11	Rest or run/walk	3-mile run	Rest or run/walk	2-mile run	Rest	Rest	5K Race