

# 5K TRAINING SCHEDULE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest Day	Run/Walk 3.5 miles	Rest or Walk
2	Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest Day	Run/Walk 2 miles	Rest or Walk
3	Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest Day	Run/Walk 4 miles	Rest or Walk
4	Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest Day	Run/Walk 2 miles	Rest or Walk
5	Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest Day	Run/Walk 4.5 miles	Rest or Walk
6	Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest Day	<b>RACE DAY!!</b>	Recovery Rest or Walk