

RUNNING GUIDE

RUN YOUR WAY TO A 5K

Begin and end each workout with a 5-minute walk.

Week 1

	Run	Walk	Repeat	Total*	
Day 1	1 min	1 min	10 x	30 min	✓
Day 2			Rest		
Day 3	1	1	10 x	30	
Day 4			Rest		
Day 5	2	3	4 x	30	
Day 6	2	3	3 x	25	
Day 7			Rest		

Week 2

	Run	Walk	Repeat	Total*	
Day 1	3 min	3 min	4 x	34 min	
Day 2			Rest		
Day 3	3	3	4 x	34	
Day 4			Rest		
Day 5	5	3	3 x	34	
Day 6	5	3	2 x	26	
Day 7			Rest		

Week 3

	Run	Walk	Repeat	Total*	
Day 1	7 min	2 min	3 x	37 min	
Day 2			Rest		
Day 3	7	2	3 x	37	
Day 4			Rest		
Day 5	8	2	3 x	40	
Day 6	8	2	2 x	25	
Day 7			Rest		

Week 4

	Run	Walk	Repeat	Total*	
Day 1	10 min	2 min	3 x	46 min	
Day 2			Rest		
Day 3	10	2	3 x	46	
Day 4			Rest		
Day 5	12	2	2 x	38	
Day 6	12	2	2 x	38	
Day 7			Rest		

Week 5

	Run	Walk	Repeat	Total*	
Day 1	14 min	2 min	2x	42 min	
Day 2			Rest		
Day 3	15	1	2 x	42	
Day 4			Rest		
Day 5	18	1	2 x	48	
Day 6	15	1	2 x	42	
Day 7			Rest		

Week 6

	Run	Walk	Repeat	Total*	
Day 1	20 min	1 min	2 x	52 min	
Day 2			Rest		
Day 3	17	1	2 x	46	
Day 4	15	1	2 x	42	
Day 5			Rest		
Day 6			Rest		
Day 7			RUN A 5K		

*Total includes 5 minutes of warm-up and 5 minutes of cool-down time.

Start by alternating walking and running for the amount of time outlined above. For example, the first day you will warm up for 5 minutes (a slow walk). Then, alternate running and walking: run one minute, then walk one minute, and repeat 10 times. Your pace should feel "somewhat hard." Your goal at the end of training is to be able to walk-run continuously for 35-40 minutes. On your 5K event day, if you feel any undue stress running continuously, switch to a brisk walk. Follow the plan above and check off the days as you complete the training.