

5k Training Schedule for Beginners

This is just a guide, feel free to modify rest days and run/walk days to suit your schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/ 8-14	1 mile run/walk	CT or Rest	1 mile run/walk	Rest	1.5 mile run/walk	20-30 min run or CT	Rest
11/ 15-21	1.5 mile run/walk	CT or Rest	1.5 mile run/walk	Rest	2 mile run/walk	20-30 min run or CT	Rest
11/ 22-28	2 mile run/walk	CT or Rest	1.5 mile run/walk	Rest	2 mile run/walk	20-30 min run or CT	Rest
11/29-12/ 5	2.5 mile run/walk	CT or Rest	2 mile run/walk	Rest	3 mile run/walk	20-30 min run or CT	Rest
12/ 6-13	3 mile run/walk	CT or Rest	Easy 1-2 miles	Rest	Virtual Windy Whirl Race	Virtual Windy Whirl Race	Celebrate

Run/walk (Choose the option that fits your individual needs.)

Option 1: Run for 1 minute / Walk for 1 minute; alternating each for the entire distance

Option 2: Run for 3 minutes / walk for 1 minute; alternating each for the entire distance

Option 3: Run for 5 minutes / walk for 1 minute; alternating each for the entire distance

Option 4: Run the entire distance

CT = cross training (yoga class, walking, bike riding, step aerobics class, gardening, mowing the grass, etc.)