5-K Walk Program (This program is designed for those that want to walk the 5-K)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	15 mins.	15 mins.	Rest	15 mins.	Rest	20 mins.	Rest
Week 2	15 mins.	15 mins.	Rest	15 mins.	Rest	25 mins.	Rest
Week 3	20 mins.	20 mins.	Rest	20 mins.	Rest	30 mins.	Rest
Week 4	20 mins.	20 mins.	Rest	20 mins.	Rest	35 mins.	Rest
Week 5	25 mins.	25 mins.	Rest	25 mins.	Rest	40 mins.	Rest
Week 6	25 mins.	25 mins.	Rest	25 mins.	Rest	45 mins.	Rest
Week 7	30 mins.	30 mins.	Rest	30 mins.	Rest	50 mins.	Rest
Week 8	30 mins.	30 mins.	Rest	30 mins.	Rest	55 mins.	Rest
Week 9	35 mins.	35 mins.	Rest	35 mins.	Rest	60 mins.	Rest
Week 10	35 mins.	35 mins.	Rest	35 mins.	Rest	50 mins.	Rest
Week 11	40 mins.	40 mins.	Rest	40 mins.	Rest	45 mins.	Rest
Week 12	30 mins.	30 mins.	Rest	30 mins.	Rest	15 mins.	**RACE**

Note: Always warm-up for 5 minutes at a very easy pace. Be sure to spend 5 minutes cooling down… then stretch

5-K Run/Walk Program (This program designed for first time 5-K and new runners)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	25 mins***** Run 3 /Walk 2 Repeat 5 x's	30 mins.	Rest	25 mins. Run 3/Walk 2 Repeat 5 x's	40 min	25 mins. Run 3 /Walk 2 Repeat 5 x's	Rest
Week 2	25 mins. Run 3 /Walk 2 Repeat 5 x's	35 mins.	Rest	25 mins. Run 3 /Walk 2 Repeat 5 x's	40 min	25 mins. Run 3 /Walk 2 Repeat 5 x's	Rest
Week 3	30 mins. Run 3 /Walk 2 Repeat 6 x's	30 mins.	Rest	20 mins. Run 3 /Walk 2 Repeat 6 x's	40 min	30 mins. Run 3 /Walk 2 Repeat 6 x's	Rest
Week 4	30 mins. Run 3 /Walk 2 Repeat 6 x's	30 mins.	Rest	30 mins. Run 3 /Walk 2 Repeat 6 x's	40 min	30 mins. Run 3 /Walk 2 Repeat 6 x's	Rest
Week 5	35 mins. Run 3 /Walk 2 Repeat 7 x's	30 mins.	Rest	35 mins. Run 3 /Walk 2 Repeat 7 x's	40 mins	35 mins. Run 3 /Walk 2 Repeat 7 x's	Rest
Week 6	36 mins. Run 4 /Walk 2 Repeat 6 x's	30 mins.	Rest	36 mins. Run 4 /Walk 2 Repeat 6 x's	40 mins	36 mins. Run 4 /Walk 2 Repeat 6 x's	Rest
Week 7	36 mins. Run 4 /Walk 2 Repeat 6 x's	30 mins.	Rest	36 mins. Run 4 /Walk 2 Repeat 6 x's	40 mins	36 mins. Run 4 /Walk 2 Repeat 6 x's	Rest
Week 8	42 mins. Run 4 /Walk 2 Repeat 7 x's	30 mins.	Rest	42 mins. Run 4 /Walk 2 Repeat 7 x's	40 mins	42 mins. Run 4 /Walk 2 Repeat 7 x's	Rest
Week 9	42 mins. Run 4 /Walk 2 Repeat 7 x's	30 mins.	Rest	42 mins. Run 4 /Walk 2 Repeat 7 x's	40 mins	42 mins. Run 4 /Walk 2 Repeat 7 x's	Rest

5-K Run/Walk Program (continued)

Week 10	40 mins. Run 4 /Walk 1 Repeat 8 x's	30 mins. Walk	Rest	40 mins. Run 4 /Walk 1 Repeat 8 x's	40 mins. walk	42 mins. Run 5 /Walk 1 Repeat 7 x's	Rest
Week 11	42 mins. Run 5 /Walk 1 Repeat 7 x's	30 mins.	Rest	48 mins. Run 5 /Walk 1 Repeat 8 x's	40 mins.	48 mins. Run 4 /Walk 1 Repeat 8 x's	Rest
Week 12	36 mins. Run 5 /Walk 1 Repeat 6 x's	30 mins.	Rest	30 mins. Run 5 /Walk 1 Repeat 5 x's	40 mins	Rest	**RACE**

Note: Always warm-up for 5 minutes at a very easy pace. Be sure to spend 5minutes cooling down… then stretch

Your pace should be slow and comfortable (At this pace you should be able to hold a conversation easily)

*For example: You will run for 3 minutes then walk for 2 minutes and repeat this pattern five times = 25 mins

5-K Run Program (This program is designed for those that have been running 20-30 minutes 3x's/week for 6 months)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	25 mins.	Rest	25 mins.	Rest	Rest	25 mins.	Rest
Week 2	25 mins.	Rest	25 mins.	Rest	Rest	30 mins.	Rest
Week 3	25 mins.	Rest	25 mins.	Rest	25 mins.	30 mins.	Rest
Week 4	30 mins.	Rest	30 mins.	Rest	30 mins	35 mins.	Rest
Week 5	30 mins.	Rest	30 mins.	Rest	30 mins	35 mins.	Rest
Week 6	35 mins.	Rest	30 mins.	Rest	Rest	40 mins.	Rest
Week 7	35 mins.	Rest	35 mins.	Rest	35 mins.	40 mins.	Rest
Week 8	40 mins.	Rest	35 mins.	Rest	35 mins.	40 mins.	Rest
Week 9	40 mins.	Rest	40 mins.	Rest	Rest	45 mins.	Rest
Week 10	40 mins.	Rest	40 mins.	Rest	40 mins.	45 mins.	Rest
Week 11	45 mins.	Rest.	35 mins.	Rest	35 mins.	35 mins.	Rest
Week 12	30 mins.	Rest	Rest	Rest	20 mins.	Rest	**RACE**

Note: Always warm-up for 5 minutes at a very easy pace. Be sure to spend 5 minutes cooling down… then stretch

Note: On Rest days you can cross-train for 20 30 minutes (i.e. cycling, swimming, strength training)