



5k training schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	rest or run/ walk	1.5 mi run	rest or run/ walk	1.5 mi run	rest	1.5 mi run	30-60 min walk
2	rest or run/ walk	1.75 mi run	rest or run/ walk	1.5 mi run	rest	1.75 mi run	35-60 min walk
3	rest or run/ walk	2 mi run	rest or run/ walk	1.5 mi run	rest	2 mi run	40-60 min walk
4	rest or run/ walk	2.25 mi run	rest or run/ walk	1.5 mi run	rest	2.25 mi run	45-60 min walk
5	rest or run/ walk	2.5 mi run	rest or run/ walk	2 mi run	rest	2.5 mi run	50-60 min walk
6	rest or run/ walk	2.75 mi run	rest or run/ walk	2 mi run	rest	2.75 mi run	55-60 min walk
7	rest or run/ walk	3 mi run	rest or run/ walk	2 mi run	rest	3 mi run	60 min walk
8	rest or run/ walk	3 mi run	rest or run/ walk	2 mi run	rest	rest	5k race