

5K TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	strength training 30m-1hr	run :30/ walk 2:00 x 5 (12:30 total)	walk 30 min	run :30/ walk 2:00 x 5 (12:30 total)	strength training 30m-1hr	rest	1 mile run
WEEK 2	strength training 30m-1hr	run :30/ walk 1:30 x 8 (16:00 total)	walk 30 min	run :30/ walk 1:30 x 8 (16:00 total)	strength training 30m-1hr	rest	1.5 mile run
WEEK 3	strength training 30m-1hr	run 1:00/ walk 1:30 x 8 (20:00 total)	walk 30 min	run 1:00/ walk 1:30 x 8 (20:00 total)	strength training 30m-1hr	rest	2 mile run
WEEK 4	strength training 30m-1hr	run 1:00/ walk 1:00 x 12 (24:00 total)	walk 30 min	run 1:00/ walk 1:00 x 12 (24:00 total)	strength training 30m-1hr	rest	1 mile run
WEEK 5	strength training 30m-1hr	run 1:30/ walk 1:00 x 11 (27:30 total)	walk 30 min	run 1:30/ walk 1:00 x 11 (27:30 total)	strength training 30m-1hr	rest	2.5 mile run
WEEK 6	strength training 30m-1hr	run 1:30/ walk :30 x 16 (30:00 total)	walk 30 min	run 1:30/ walk :30 x 16 (30:00 total)	strength training 30m-1hr	rest	3 mile run
WEEK 7	strength training 30m-1hr	run 2:00/ walk :30 x 12 (30:00 total)	walk 30 min	run 2:00/ walk :30 x 12 (30:00 total)	strength training 30m-1hr	rest	1 mile run
WEEK 8	strength training 30m-1hr	run/ walk as needed 30:00	walk 30 min	run/ walk as needed 30:00	strength training 30m-1hr	rest	3.1 mile run