



5K Beginner Training Program

	Day 1	Speed/ Distance	Day 2	Day 3	Speed/ Distance	Day 4	Day 5	Speed/ Distance	Day 6	Day 7
Week 1	Alternate 15 seconds of jogging and 90 seconds of walking for 15 minutes		Rest	Alternate 15 seconds of jogging and 90 seconds of walking for 15 minutes		Rest	Alternate 15 seconds of jogging and 90 seconds of walking for 15 minutes		Rest	Cross train for 15 minutes
Week 2	Alternate 30 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Alternate 30 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Alternate 30 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Cross train for 20 minutes
Week 3	Alternate 60 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Alternate 60 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Alternate 60 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Cross train for 20 minutes
Week 4	Alternate 90 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Alternate 90 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Alternate 90 seconds of jogging and 90 seconds of walking for 20 minutes		Rest	Cross train for 25 minutes
Week 5	Alternate 2 minutes of jogging and 2 minutes of walking for 25 minutes		Rest	Alternate 2 minutes of jogging and 2 minutes of walking for 25 minutes		Rest	Alternate 2 minutes of jogging and 2 minutes of walking for 25 minutes		Rest	Cross train for 25 minutes
Week 6	Alternate 3 minutes of jogging and 2 minutes of walking for 25 minutes		Rest	Alternate 3 minutes of jogging and 2 minutes of walking for 25 minutes		Rest	Alternate 3 minutes of jogging and 2 minutes of walking for 25 minutes		Rest	Cross train for 30 minutes
Week 7	Alternate 4 minutes of jogging and 3 minutes of walking for 25 minutes		Rest	Alternate 4 minutes of jogging and 3 minutes of walking for 25 minutes		Rest	Alternate 4 minutes of jogging and 3 minutes of walking for 25 minutes		Rest	Cross train for 30 minutes
Week 8	Alternate 5 minutes of jogging and 2 minutes of walking for 30 minutes		Rest	Alternate 5 minutes of jogging and 2 minutes of walking for 30 minutes		Rest	Alternate 5 minutes of jogging and 2 minutes of walking for 30 minutes		Rest	Cross train for 30 minutes
Week 9	Alternate 5 minutes of jogging and 1 minute of walking for 30 minutes		Rest	Alternate 5 minutes of jogging and 1 minute of walking for 30 minutes		Rest	Alternate 5 minutes of jogging and 1 minute of walking for 30 minutes		Rest	Cross train for 30 minutes
Week 10	Jog for 30 minutes		Rest	Jog for 30 minutes		Rest	Walk for 20 minutes or rest		Rest	RACE DAY!