

Schedule 1: 5k Training: Walk/Run

This schedule gradually builds running endurance through increasing the time you run while simultaneously decreasing the time you walk during your exercise sessions. Your running pace should be slightly faster than a brisk walking pace. However, you should be able to still hold a brief conversation with someone running next to you. If you are unable to talk to the person next to you and are breathing heavy, slow down to a pace where you are able to talk and your breathing is less labored.

Wk	Running Time	Walking Time	Cycle	Total Time	# Days per week
1	2 min.	4 min.	5x	30 min.	3
2	3 min.	3 min.	5x	30 min.	3
3	5 min.	2.5 min.	4x	30 min.	3
4	7 min.	3 min.	3x	30 min.	3
5	8 min.	2 min.	3x	30 min.	3
6	9 min.	2 min.	2x, then run 8 min.	30 min.	3
7	9 min.	1 minute	3x	30 min.	3
8	13 min.	2 min.	2x	30 min.	3
9	14 min.	1 minute	2x	30 min.	3
10	30 min.	-	-	30 min.	2x & 5k race

Schedule 2: 5k Training: Run

This schedule gradually builds running endurance through increasing the miles and frequency of days that you run while incorporating cross training (i.e. bike, elliptical, stepper) to supplement your running days.

Wk	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total Miles
1	rest	1.5 mi	rest	rest	1.5 mi	Cross-train	2.0 mi	5.0 mi
2	rest	1.5 mi	rest	rest	1.5 mi	Cross-train	2.0 mi	5.0 mi
3	rest	2.0 mi	rest	rest	2.0 mi	Cross-train	2.0 mi	6.0 mi
4	rest	2.0 mi	1.0 mi	rest	2.0 mi	Cross-train	2.5 mi	7.5 mi
5	rest	2.5 mi	1.5 mi	rest	2.5 mi	Cross-train	2.5 mi	9.0 mi
6	rest	2.5 mi	2.5 mi	rest	2.5 mi	Cross-train	2.5 mi	10.0 mi
7	rest	3.0 mi	3.0 mi	rest	3.0 mi	Cross-train	3.5 mi	12.5 mi
8	rest	3.5 mi	3.0 mi	rest	3.5 mi	Cross-train	4.0 mi	14.0 mi
9	rest	3.0 mi	3.0 mi	rest	3.0 mi	Cross-train	3.0 mi	12.0 mi
10	rest	3.0 mi	2 mi	rest	3.0 mi	Cross-train	5k race	11.1 mi