



EIGHT WEEK BEGINNING RUNNER'S TRAINING PROGRAM

Your First 5K Run

Always walk 2 to 3 minutes for a warm-up before beginning the run/walk sessions and walk another 2 to 3 minutes as a cool down afterward. Do some gentle stretching after each session.

Week 1

Monday	Run 1 min, Walk 2 min, Repeat 10X
Tuesday	Walk easy 30 minutes
Wednesday	Run 1 min, Walk 2 min, Repeat 10X
Thursday	Walk easy 30 minutes
Friday	Run 1 min, Walk 2 min, Repeat 10X
Saturday	Run 1 min, Walk 2 min, Repeat 10X
Sunday	Rest

Week 2

Monday	Run 2 min, Walk 1 min, Repeat 10X
Tuesday	Walk easy 30 minutes
Wednesday	Run 3 minutes, Walk 1 minute, Repeat 7X, Run 2 min
Thursday	Walk easy 30 minutes
Friday	Run 4 min, Walk 1 min, Repeat 6X
Saturday	Run 4 min, Walk 1 min, Repeat 6X
Sunday	Rest

Week 3

Monday	Run 5 min, Walk 1 min, Repeat 5X
Tuesday	Walk easy 30 minutes
Wednesday	Run 5 min, Walk 1 min, Repeat 5X
Thursday	Walk easy 30 minutes
Friday	Run 6 min, Walk 1 min, Repeat 4X, Run 2 min
Saturday	Run 6 min, Walk 1 min, Repeat 4X, Run 2 min
Sunday	Rest

Week 4

Monday:	Run 8 min, Walk 1 min, Repeat 3X, Run 3 min
Tuesday:	Walk easy 30 minutes
Wednesday	Run 9 min, Walk 1 min, Repeat 3X
Thursday	Walk easy 30 minutes
Friday	Run 10 min, Walk 1 min, Repeat 2X, Run 8 min
Saturday	Run 11 min, Walk 1 min, Repeat 2X, Run 6 min
Sunday	Rest