

## 5K Training Schedule Beginner Runner & Walker

The schedules below are only a guide. If you want to do your longer distance on Sunday rather than Saturday, simply flip-flop the days. It's less important what you do in any one workout than what you do over the full eight weeks leading up to your 5K.

### Walking Training Schedule for 5K

| Week | Mon          | Tue         | Wed          | Thu         | Fri  | Sat         | Sun             |
|------|--------------|-------------|--------------|-------------|------|-------------|-----------------|
| 8    | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest | 1.5 m walk  | 30-60 min walk  |
| 7    | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest | 1.75 m walk | 35-60 min walk  |
| 6    | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest | 2 MI walk   | 40-60 min walk  |
| 5    | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest | 2.25 m walk | 45-60 min walk  |
| 4    | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest | 2.5 m walk  | 50-60 min walk  |
| 3    | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest | 2.75 m walk | 55-60 min walk  |
| 2    | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest | 3 m walk    | 60 min walk     |
| 1    | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest | Rest        | <b>5-K Walk</b> |

### Novice Running Training Schedule for 5K

| Week | Mon              | Tue        | Wed              | Thu       | Fri  | Sat        | Sun             |
|------|------------------|------------|------------------|-----------|------|------------|-----------------|
| 1    | Rest or run/walk | 1.5 m run  | Rest or run/walk | 1.5 m run | Rest | 1.5 m run  | 30- 60 min walk |
| 2    | Rest or run/walk | 1.75 m run | Rest or run/walk | 1.5 m run | Rest | 1.75 m run | 35-60 min walk  |
| 3    | Rest or run/walk | 2 mi run   | Rest or run/walk | 1.5 m run | Rest | 2 MI run   | 40-60 min walk  |
| 4    | Rest or run/walk | 2.25 m run | Rest or run/walk | 1.5 m run | Rest | 2.25 m run | 45-60 min walk  |
| 5    | Rest or run/walk | 2.5 m run  | Rest or run/walk | 2 m run   | Rest | 2.5 m run  | 50-60 min walk  |
| 6    | Rest or run/walk | 2.75 m run | Rest or run/walk | 2 m run   | Rest | 2.75 m run | 55-60 min walk  |
| 7    | Rest or run/walk | 3 m run    | Rest or run/walk | 2 m run   | Rest | 3 m run    | 60 min walk     |
| 8    | Rest or run/walk | 3 m run    | Rest or run/walk | 2 m run   | Rest | Rest       | <b>5-K Race</b> |

**Rest:** The most important day in any beginning or intermediate running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run/walk again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve.

## 5K Training Schedule Intermediate & Advanced

The schedules below are only a guide. If you want to do your longer distance on Sunday rather than Saturday, simply flip-flop the days. It's less important what you do in any one workout than what you do over the full eight weeks leading up to your 5K.

### Intermediate Training Schedule for 5K

| Week | Mon  | Tue | Wed          | Thu | Fri  | Sat      | Sun             |
|------|------|-----|--------------|-----|------|----------|-----------------|
| 1    | Rest | 3 m | 5 x 400      | 3 m | Rest | 3 m      | 5 m             |
| 2    | Rest | 3 m | 30 min tempo | 3 m | Rest | 3 m      | 5 m             |
| 3    | Rest | 3 m | 6 x 400      | 3 m | Rest | 4 m      | 6 m             |
| 4    | Rest | 3 m | 35 min tempo | 3 m | Rest | Rest     | <b>5-K Test</b> |
| 5    | Rest | 3 m | 7 x 400      | 3 m | Rest | 4 m fast | 6 m             |
| 6    | Rest | 3 m | 40 min tempo | 3 m | Rest | 5 m      | 7 m             |
| 7    | Rest | 3 m | 8 x 400      | 3 m | Rest | 5 m fast | 7 m             |
| 8    | Rest | 2 m | 30 min tempo | 2 m | Rest | Rest     | <b>5-K Race</b> |

### Advanced Training Schedule for 5K

| Week | Mon | Tue      | Wed                | Thu              | Fri              | Sat       | Sun             |
|------|-----|----------|--------------------|------------------|------------------|-----------|-----------------|
| 1    | 3 m | 5 x 400  | Rest or easy r/w * | 30 min tempo     | Rest             | 4 m fast  | 60 min          |
| 2    | 3 m | 8 x 200  | Rest or easy       | 30 min tempo     | Rest             | 4 m fast  | 65 min          |
| 3    | 3 m | 6 x 400  | Rest or easy r/w   | 35 min tempo     | Rest             | 5 mi fast | 70 min          |
| 4    | 3 m | 9 x 200  | Rest or easy r/w   | 35 min tempo     | Rest or easy run | Rest      | 5-K test        |
| 5    | 3 m | 7 x 400  | Rest or easy r/w   | 40 min tempo     | Rest             | 5 m fast  | 75 min          |
| 6    | 3 m | 10 x 200 | Rest or easy r/w   | 40 min tempo     | Rest             | 6 m fast  | 85 min          |
| 7    | 3 m | 8 x 400  | Rest or easy r/w   | 45 min tempo     | Rest             | 6 m fast  | 90 min          |
| 8    | 2 m | 6 x 200  | 30 min tempo       | Rest or easy run | Rest             | Rest      | <b>5-K Race</b> |

**Rest:** The most important day in any beginning or intermediate running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run/walk again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. \*r/w is run/walk.