

5K Training

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

Miles	KMs						
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	2.4 km run	Rest or run/walk	2.4 km run	Rest	2.4 km run	30 min walk
2	Rest or run/walk	2.8 km run	Rest or run/walk	2.4 km run	Rest	2.8 km run	35 min walk
3	Rest or run/walk	3.2 km run	Rest or run/walk	2.4 km run	Rest	3.2 km run	40 min walk
4	Rest or run/walk	3.6 km run	Rest or run/walk	2.4 km run	Rest	3.6 km run	45 min walk
5	Rest or run/walk	4.0 km run	Rest or run/walk	3.2 km run	Rest	4.0 km run	50 min walk
6	Rest or run/walk	4.4 km run	Rest or run/walk	3.2 km run	Rest	4.4 km run	55 min walk
7	Rest or run/walk	4.8 km run	Rest or run/walk	3.2 km run	Rest	4.8 km run	60 min walk
8	Rest or run/walk	4.8 km run	Rest or run/walk	3.2 km run	Rest	Rest	5K Race