

5K Training Program

(Walk More Than Run)

Walk/Run a 5k (3.1 miles) in 8 Weeks

Week	Day 1	Day 2	Day 3
8 weeks before race	Walk 30 minutes	30 - 40 min. other aerobic activity like biking, tennis, swimming, aerobics, walking	Walk 30 minutes
7 weeks before race	Walk 8 minutes (warm up) Run 2 minutes. Walk 1 minute. (Repeat this 3 minute session 5 times) Walk 8 minutes (cool down)	Walk 8 minutes (warm up) Run 2 minutes. Walk 1 minute. (Repeat this 3 minute session 5 times) Walk 8 minutes (cool down)	Walk 8 minutes (warm up) Run 2 minutes. Walk 1 minute. (Repeat this 3 minute session 5 times) Walk 8 minutes (cool down)
6 weeks before race	Walk 6 minutes. Run 4 minutes. Repeat three times.	Walk 6 minutes. Run 4 minutes. Repeat three times.	Walk 6 minutes. Run 4 minutes. Repeat three times.
5 weeks before race	Walk 4 minutes. Run 6 minutes. Repeat three times.	Walk 4 minutes. Run 6 minutes. Repeat three times.	Walk 4 minutes. Run 6 minutes. Repeat three times.
4 weeks before race	Walk 2 minutes. Run 8 minutes. Repeat three times.	Walk 2 minutes. Run 8 minutes. Repeat three times.	Walk 2 minutes. Run 8 minutes. Repeat three times.
3 weeks before race	Walk 1 minute. Run 9 minutes. Repeat three times.	Walk 1 minute. Run 9 minutes. Repeat three times.	Walk 1 minute. Run 9 minutes. Repeat three times.
2 weeks before race	Walk 1 minute. Run 14 minutes. Repeat two times.	Walk 1 minute. Run 14 minutes. Repeat two times.	Walk 1 minute. Run 14 minutes. Repeat two times.
Week before race	Run 30 minutes.	30 - 40 min. other aerobic activity like biking, tennis, swimming, aerobics, walking.	Apple Blossom 5K

This training schedule is based on completing 3 workouts per week.

5K Training Program

(Run More than Walk)

Run a 5k (3.1 miles) in 8 Weeks

Week	Day 1	Day 2	Day 3
8 weeks before race	5 min. fast walking, 10 min. jog, 5 min. walking, 10 min. jog	30 - 40 min. other aerobic activity like biking, tennis, swimming, aerobics, walking.	5 min. fast walking, 10 min. jog, 5 min. walking, 10 min. jog
7 weeks before race	5 min. fast walking, 12-15 min. jog, 3-5 min. walking, 12-15 min. jog	30 - 40 min. other aerobic activity like biking, tennis, swimming, aerobics, walking.	5 min. fast walking, 12-15 min. jog, 3-5 min. walking, 12-15 min. jog
6 weeks before race	30 min. jog (start slowly), include a walking period if you need it	30 min. jog (start slowly), include a walking period if you need it	35 min. jog (start slowly), comfortable pace (conversation pace)
5 weeks before race	10 min. jog, 5 min. increased pace, 5 min. jog, 5 min. increased pace, 10 minute jog	35-40 min. easy run	10 min. jog, 5 min. increased pace, 5 min. jog, 5 min. increased pace, 10 minute jog
4 weeks before race	10 min. jog, 10 x 1 min. fast running with 1 min. jog between, 5-10 min. jog	35-40 min. easy run	45 min. easy run
3 weeks before race	10 min. jog, 5 x 2 min. fast running with 1 min. jog between, 5-10 min. jog	40-45 min. easy run	35 min. steady run
2 weeks before race	10 min. jog, 15 min. run (good steady pace), 10 min. jog	40-45 min. easy run	40 min. run with 8 "pick-ups" of 2 min. each
Week before race	10 min. jog, 4 x 3 min. fast running with 2 min. jog between, 10 min. jog	40 min. easy run	Apple Blossom 5K

This training schedule is based on completing 3 workouts per week.