

5K TRAINING PLAN

WEEK ONE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
20 minute walk/run at a pace that you can still carry on a conversation (foundation run)	30 minute elliptical or bike workout at 'conversation pace'	Rest	30 minute walk/run varying the speed (interval training)	Rest	Walk/run 3 miles as fast as you can comfortably—record your time	<i>(optional)</i> 30 minute cardio of your choice

WEEK TWO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30 minute foundation walk/run	40 minute elliptical or bike workout, moderate pace	Rest	20 minute walk/run at your max pace—still able to converse	Rest	Walk/run 3 miles as fast as you can—record your time	<i>(optional)</i> 30 minute cardio of your choice

WEEK THREE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
40 minute foundation walk/run	30 minute elliptical or bike workout, moderate to intense pace	Rest	20 minute walk/run	Rest	Walk/run 3 miles as fast as you can—record your time	<i>(optional)</i> 30 minute cardio of your choice

WEEK FOUR: RACE WEEK!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
20 minute foundation walk/run	20 minute walk/run varying your speed	Rest	20 minute walk/run	Rest	(Day before the race) 15 minute foundation walk/run	RACE DAY!

The days of the week listed here are just for guidance. Train on the days that best suit your schedule. If it's easier for you to train on Sundays than on Mondays, that's fine. Just try to scatter your rest days throughout the week—don't try to do all your training on consecutive days.

