# Best 5K Ever Challenge

## Train for Your First 5K

### Week 1

**Monday (MON)**
- Run/Walk: 5-minute brisk walk
- 2 x 5 minutes running + 1 minute walking
- 5-minute easy walk

**Tuesday (TUE)**
- Rest Day

**Wednesday (WED)**
- Run/Walk: 5-minute brisk walk
- 4 x 5 minutes running + 1 minute walking
- 5-minute easy walk

**Thursday (THUR)**
- Rest or Cross-Train

**Friday (FRI)**
- Easy Run: 5-minute brisk walk
- 10-minute run + 5-minute easy walk

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile brisk walk + 1.5-mile run
- 0.5-mile easy walk

### Week 2

**Monday (MON)**
- Run/Walk: 5-minute brisk walk
- 4 x 5 minutes running + 1 minute walking
- 5-minute easy walk

**Tuesday (TUE)**
- Rest Day

**Wednesday (WED)**
- Run/Walk: 5-minute brisk walk
- 4 x 5 minutes running + 1 minute walking
- 5-minute easy walk

**Thursday (THUR)**
- Rest or Cross-Train

**Friday (FRI)**
- Easy Run: 5-minute brisk walk
- 15-minute run + 5-minute easy walk

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile brisk walk + 1.5-mile run
- 0.5-mile easy walk

### Week 3

**Monday (MON)**
- Run/Walk: 5-minute brisk walk
- 5 x 5 minutes running + 1 minute walking
- 5-minute easy walk

**Tuesday (TUE)**
- Rest Day

**Wednesday (WED)**
- Easy Run: 5-minute brisk walk
- 20-minute run + 5-minute easy walk

**Thursday (THUR)**
- Rest or Cross-Train

**Friday (FRI)**
- Easy Run: 5-minute brisk walk
- 20-minute run + 5-minute easy walk

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile brisk walk + 2-mile run
- 0.5-mile easy walk

### Week 4

**Monday (MON)**
- Easy Run: 5-minute brisk walk
- 20-minute run + 5-minute easy walk

**Tuesday (TUE)**
- Rest Day

**Wednesday (WED)**
- Easy Run: 5-minute brisk walk
- 20-minute run + 5-minute easy walk

**Thursday (THUR)**
- Rest Day

**Friday (FRI)**
- Easy Run: 5-minute brisk walk
- 25-minute run + 5-minute easy walk

**Saturday (SAT)**
- Rest or Cross-Train

**Sunday (SUN)**
- Long Run: 0.5-mile brisk walk + 2.5-mile run
- 0.5-mile easy walk

### Week 5

**Monday (MON)**
- Easy Run: 5-minute brisk walk
- 15-minute run + 5-minute easy walk

**Tuesday (TUE)**
- Rest Day

**Wednesday (WED)**
- Easy Run: 0.5-mile brisk walk
- 2-mile easy walk
- 0.5-mile easy walk

**Thursday (THUR)**
- Easy Run: 0.5-mile brisk walk
- 0.5-mile easy walk

**Friday (FRI)**
- Rest Day

**Saturday (SAT)**
- Easy Run: 0.5-mile brisk walk
- 0.5-mile easy walk

**Sunday (SUN)**
- Race Day!