BEST 5K EVER CHALLENGE

TRAIN FOR YOUR FIRST 5K

WEEK 1

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

TUE
Rest Day

WED
Run/Walk:
5-minute brisk walk
3 x 5 minutes running
+ 1 minute walking
5-minute easy walk

THUR
Rest or
Cross-Train

FRI
Easy Run:
5-minute brisk walk
10-minute run
+ 5-minute easy walk

SAT
Rest or
Cross-Train

SUN
Long Run:
0.5-mile brisk walk
+ 1-mile run
0.5-mile easy walk

WEEK 2

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

TUE
Rest Day

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

THUR
Rest or
Cross-Train

FRI
Easy Run:
5-minute brisk walk
+ 15-minute run
5-minute easy walk

SAT
Rest or
Cross-Train

SUN
Long Run:
0.5-mile brisk walk
+ 1.5-mile run
0.5-mile easy walk

WEEK 3

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

TUE
Rest Day

WED
Easy Run:
5-minute brisk walk
+ 20-minute run
5-minute easy walk

THUR
Rest or
Cross-Train

FRI
Easy Run:
5-minute brisk walk
+ 20-minute run
5-minute easy walk

SAT
Rest or
Cross-Train

SUN
Long Run:
0.5-mile brisk walk
+ 2-mile run
0.5-mile easy walk

WEEK 4

MON
Easy Run:
5-minute brisk walk
+ 20-minute run
5-minute easy walk

TUE
Rest Day

WED
Easy Run:
5-minute brisk walk
+ 25-minute run
5-minute easy walk

THUR
Rest Day

FRI
Easy Run:
5-minute brisk walk
+ 25-minute run
5-minute easy walk

SAT
Rest or
Cross-Train

SUN
Long Run:
0.5-mile brisk walk
+ 2.5-mile run
0.5-mile easy walk

WEEK 5

MON
Easy Run:
5-minute brisk walk
+ 15-minute run
5-minute easy walk

TUE
Rest Day

WED
Easy Run:
5-minute brisk walk
+ 20-minute run
5-minute easy walk

THUR
Easy Run:
0.5-mile brisk walk
+ 2-mile easy run
0.5-mile easy walk

FRI
Rest Day

SAT
Easy Run:
0.5-mile brisk walk
+ 0.5-mile run
0.5-mile easy walk

SUN
Race Day!