5k Training

Don't forget to: Warm-Ups, Cool-Downs, Hydrate and Stretch!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Run 10 minutes, walk 1 minute, repeat	Rest or cross-train	Run 12 minutes, walk 1 minute, repeat	Rest	Run 13 minutes, walk 1 minute, repeat	Rest or cross-train	Rest
Week 2	Run 15 minutes, walk 1 minute, repeat	Rest or cross-train	Run 17 minutes, walk 1 minute, run 7 min	Rest	Run 19 minutes, walk 1 minute, run 7 min	Rest or cross-train	Rest
Week 3	Run 20 minutes, walk 1 minute, run 6 minutes	Rest or cross-train	Run 24 minutes	Rest	Run 26 minutes	Rest or cross-train	Rest
Week 4	Run 28 minutes	Rest or cross-train	Run 30 minutes	Rest	Run 20 minutes	Rest	Race! Run 3.1 miles

Plan from Verywellfit.com

[4-Week 5K Training Plan for Beginners (verywellfit.com)](verywellfit.com)

Great source for running tips and articles