

5K Training Program for the Novice

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest or run/walk	1.5 mile run	Rest or run/walk	1.5 mile run	Rest	1.5 mile run	30-60 min walk
2	Rest or run/walk	1.75 mile Run	Rest or run/walk	1.5 mile run	Rest	1.75 mile run	35-60 min walk
3	Rest or run/walk	2 mile run	Rest or run/walk	1.5 mile run	Rest	2 mile run	40-60 min walk
4	Rest or run/walk	2.25 mile run	Rest or run/walk	1.5 mile run	Rest	2.25 mile run	45-60 min walk
5	Rest or run/walk	2.5 mile run	Rest or run/walk	2 mile run	Rest	2.5 mile run	50-60 min walk
6	Rest or run/walk	2.75 mile run	Rest or run/walk	2 mile run	Rest	2.75 mile run	55-60 min walk
7	Rest or run/walk	3 mile run	Rest or run/walk	2 mile run	Rest	3 mile run	60 min walk
8	Rest or run/walk	3 mile run	Rest or run/walk	2 mile run	Rest	Rest	5K Race