

The 5K Run Training Guide is designed to help you prepare for a 5K run. It is not an individual exercise prescription. Feel free to modify the suggested workouts based on your own personal level of fitness. Use the guide below to log the days, time and distance you train.

Week 1 has THREE training days and FOUR rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
W E E K	Training Day #1 _____ 20-30 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 90 sec. • Repeat
	Training Day #2 _____ 20-30 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 90 sec. • Repeat
	Training Day #3 _____ 20-30 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 90 sec. • Repeat

Week 1 Training Tip: Runner's World Magazine suggests that new trainers scout out safe routes for them to complete their workout. Look for places you can run that are free of traffic; examples of this could be parks, bike paths, hiking trails, and rubber tracks.

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Week 2 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
2 WEEK	Training Day #1 _____	20-30 Minutes _____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 90 sec. • Repeat
	Training Day #2 _____	20-30 Minutes _____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 90 sec. • Repeat
	Training Day #3 _____	25-35 Minutes _____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Jog as often as you can. Do not rest for more than 90 sec.)
	Training Day #4 _____	25-35 Minutes _____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 90 sec. • Repeat

Week 2 Training Tip: Over the course of the following weeks, if you feel like you can jog longer than is designated, go for it! Make sure when/if you take a rest that you keep moving (return to a brisk walk), and make sure to stay conservative with the walk periods.

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Week 3 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
3 Training Day #1 _____	25-35 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Jog as often as you can. Do not rest for more than 90 sec.)
4 Training Day #2 _____	35-45 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 45 sec. • Repeat
5 Training Day #3 _____	25-35 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Jog as often as you can. Do not rest for more than 90 sec.)
6 Training Day #4 _____	25-35 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 60 sec. • Return to walk 45 sec. • Repeat

Week 3 Training Tip: Find a running buddy or group to exercise with. You will be more motivated and less likely to miss a workout if you have someone else to go with that holds you accountable for the workout.

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Week 4 has THREE training days and FOUR rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
	Training Day #1 _____ _____	_____ 1 Mile	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Jog as often as you can. Do not rest for more than 90 sec.)
	Training Day #2 _____ _____	30-40 Minutes _____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 10 min. • Return to walk 3 min. • Repeat
	Training Day #3 _____ _____	_____ 1 Mile	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Jog as often as you can. Do not rest for more than 90 sec.)

Week 4 Training Tip: Schedule your workouts similar to important meetings you have throughout the day and week. Think of it as though you are scheduling yourself and your health into your busy day. This will also help you keep up with your workouts and get a step closer to attaining your goal of completing the 5K!

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Week 5 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes	
	Training Day #1 _____	_____	1+ Mile	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 0.5 mile • Return to walk 5 min. • Jog/run 0.5 mile
	Training Day #2 _____	30-40 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 5 min. • Return to walk 1 min. • Repeat
	Training Day #3 _____	_____	1.5 Mile	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Pick a slow starting pace; don't start to fast!)
	Training Day #4 _____	_____	1+ Mile	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 0.5 mile • Return to walk 5 min. • Jog/run 0.5 mile

Week 5 Training Tip: Reward yourself for your accomplishments throughout your training. Whether you are halfway through your training for a 5K (wink, wink!) or if you have ran further/longer/faster than you ever have before, reward yourself. Give yourself credit for anything you are proud of!



5K Run Training

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Week 6 has FOUR training days and THREE rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes
0 Training Day #1 _____	35-45 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 0.75 mile. • Return to walk 3 min. • Repeat
1 Training Day #2 _____	_____	1.5 Miles	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Pick a slow starting pace; don't start to fast!)
2 Training Day #3 _____	35-45 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 10 min. • Return to walk 3 min. • Repeat
3 Training Day #4 _____	35-45 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 0.75 mile. • Return to walk 3 min. • Repeat

Week 6 Training Tip: Do not push yourself more than you are ready for. Listen to your body. Some muscle soreness is common and normal, but if you start feeling overly fatigued, more sore than usual, or lacking the motivation to run, try taking a day off to recuperate.

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Week 7 has THREE training days and FOUR rest days. Look at your schedule and decide what days of the week will work best for you as training days. Ideally, rest days should not occur on consecutive days.

	Time	Distance	Notes	
WEEK	Training Day #1 _____	_____	2.5 Miles	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Pick a slow starting pace; don't start to fast!)
	Training Day #2 _____	_____	2.75 Miles	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Pick a slow starting pace; don't start to fast!)
	Training Day #3 _____	35-45 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 0.75 mile. • Return to walk 2 min. • Repeat

Week 7 Training Tip: Find the right pace for yourself while you are running. Listen to your body! Trying to keep the same pace throughout the workout is a good goal to have. If you need to slow down, you are probably going too fast!



5K Run Training

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Week 8 has THREE training days and the RACE DAY! Look at your schedule and decide what days of the week will work best for you as training days. The Friday before the race should be a rest day.

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	Time	Distance	Notes
Training Day #1 _____	_____	2.75 Miles	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Continuous Jog (Pick a slow starting pace; don't start to fast!)
Training Day #2 _____	30-40 Minutes	_____	<ul style="list-style-type: none"> • Warm Up: 5 min. walk • Jog/run 15 min. • Return to walk 3 min. • Repeat
Training Day #3 _____	35-45 Minutes	_____	Brisk Walk
RACE DAY!	_____	3.1 Miles	Jog/Run

CONGRATULATIONS. IT IS RACE WEEK!

Make sure you get plenty of rest before the 5K.