

Run/Walk to 5K Training Plan

Warm-up and cool-down by walking for 2-3 minutes before and after every run.

Cross-training: Bike, swim, do strength training, take a fitness class, or participate in any form of exercise other than walking/running.

Hill training: Find a steep hill, comparable to Talawanda. Run up the hill as far as you can, then walk the remainder of the way to the top. After reaching the top, walk SLOWLY to the bottom. Repeat.

Easy walk: The goal on the "easy walk" days is to loosen your legs with some light exercise. Don't worry about the distance - just grab your favorite walking companion and go for a nice, easy stroll.

Rest: Give your legs a break and don't engage in heavy exercise. However, spend some time stretching or foam rolling to keep your muscles limber and healthy.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run 1 min., walk 2 min. 15 min. (approx. 1 mile)	Rest	Run 1 min., walk 2 min. 15 min. (approx. 1 mile)	Cross-training 20 min. or more	Rest	Run 1 min., walk 2 min. 15 min. (approx. 1 mile)	Easy walk 20 min.
2	Run 1 min., walk 2 min. 20 min. (approx. 1.25 miles)	Rest	Run 1 min., walk 2 min. 20 min. (approx. 1.25 miles)	Cross-training 20 min. or more	Rest	Run 1 min., walk 2 min. 20 min. (approx. 1.25 miles)	Easy walk 25 min.
3	Run 2 min., walk 2 min. 20 min. (approx. 1.25-1.5 miles)	Rest	Run 2 min., walk 2 min. 20 min. (approx. 1.25-1.5 miles)	Cross-training 20 min. or more	Rest	Run 2 min., walk 2 min. 20 min. (approx. 1.25-1.5 miles)	Easy walk 25 min.
4	Hill training 25 min. (approx. 1.25 - 1.75 mile)	Rest	Run 2 min., walk 2 min. 25 min. (approx. 1.5 - 2 miles)	Cross-training 25 min. or more	Rest	Run 2 min., walk 2 min. 25 min. (approx. 1.5 - 2 miles)	Easy walk 30 min.

"The miracle isn't that I finished. The miracle is that I had the courage to start."

- John Bingham, running speaker and writer

*"Every day is a good day when you run."
- Kevin Nelson*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Run 2 min., walk 2 min. 30 min. (approx. 2 - 2.5 miles)	Rest	Run 2 min., walk 2 min. 30 min. (approx. 2 - 2.5 miles)	Cross-training 25 min. or more	Rest	Run 2 min., walk 2 min. 30 min. (approx. 2 - 2.5 miles)	Easy walk 30 min.
6	Run 3 min., walk 2 min. 30 min. (approx. 2.25 - 2.75 miles)	Rest	Hill training 20 min (approx. 1 - 1.5 miles)	Cross-training 30 min. or more	Rest	Run 3 min., walk 2 min. 30 min. (approx. 2.25 - 2.75 miles)	Easy walk 30 min.
7	Run 3 min., walk 2 min. 35 min. (approx. 2.5 - 3 miles)	Rest	Run 3 min., walk 2 min. 35 min. (approx. 2.5 - 3 miles)	Cross-training 30 min. or more	Rest	Run 3 min., walk 2 min. 35 min. (approx. 2.5 - 3 miles)	Easy walk 30 min.
8	Run 3 min., walk 1 min. 40 min. (approx. 2.75 - 3.25 miles)	Rest	Hill training 25 min. (approx. 1.25 - 1.75 mile)	Cross-training 30 min. or more	Rest	Run 3 min., walk 1 min. 40 min. (approx. 2.75 - 3.25 miles)	Easy walk 30 min.
9	Run 3 min., walk 1 min. 45 min. (approx. 3 - 4 miles)	Rest	Run 3 min., walk 1 min. 45 min. (approx. 3 - 4 miles)	Cross-training 30 min. or more	Rest	Run 3 min., walk 1 min. 45 min. (approx. 3 - 4 miles)	Easy walk 30 min.
10	Run 3 min., walk 1 min. 45 min. (approx. 3 - 4 miles)	Rest	Run 3 min., walk 1 min. 45 min. (approx. 3 - 4 miles)	Cross-training 30 min. or more	Rest	Rest	Race Day!
11	Celebrate!	Rest	Keep running!	Keep cross-training!	Rest	It's Saturday! Go out for a run.	Rest

*"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.'
There is a lot of satisfaction in that."*

- Fred Lebow, New York City Marathon co-founder