

5K Training for Beginners

Week	Week Starting	Monday	Thursday	Saturday
1	11-Mar	Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5 minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes.
2	18-Mar	Brisk 5 minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes
3	25-Mar	Brisk five-minute warmup walk, then do four repetitions of the following: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 3 minutes 	Brisk five-minute warmup walk, then do four repetitions of the following: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 3 minutes 	Brisk five-minute warmup walk, then do four repetitions of the following: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 3 minutes
4	1-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes
5	8-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 8 minutes • Walk 5 minutes • Jog 8 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes 	Brisk five-minute warmup walk, then jog 15 minutes.
6	15-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 11 minutes • Walk 3 minutes • Jog 11 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 11 minutes • Walk 3 minutes • Jog 11 minutes 	Brisk five-minute warmup walk, then jog 20 minute.
7	22-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 14 minutes • Walk 3 minutes • Jog 14 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 14 minutes • Walk 3 minutes • Jog 14 minutes 	Brisk five-minute warmup walk, then jog 25 minutes.
8	29-Apr	Brisk five-minute warmup walk, then jog 30 minutes.	Brisk five-minute warmup walk, then jog 20 minutes.	Race Day Flying Pig / Tri-State Running Company 5K