

### 5K Training for Beginners

Week	Week Starting	Monday	Thursday	Saturday
1	10-Mar	Brisk five minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>90</b> seconds of walking for a total of 20 minutes.	Brisk five minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>90</b> seconds of walking for a total of 20 minutes.	Brisk 5 minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>60</b> seconds of walking for a total of 20 minutes.
2	17-Mar	Brisk 5 minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>60</b> seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk, then do <b>two</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warmup walk, then do <b>two</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>
3	24-Mar	Brisk five-minute warmup walk, then do <b>four</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warmup walk, then do <b>four</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warmup walk, then do <b>four</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>
4	31-Mar	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> </ul>
5	7-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 8 minutes</li> <li>• Walk 5 minutes</li> <li>• Jog 8 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 8 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> </ul>	Brisk five-minute warmup walk, then jog 15 minutes.
6	14-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 11 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 11 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 11 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 11 minutes</li> </ul>	Brisk five-minute warmup walk, then jog 20 minute.
7	21-Apr	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 14 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 14 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 14 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 14 minutes</li> </ul>	Brisk five-minute warmup walk, then jog 25 minutes.
8	28-Apr	Brisk five-minute warmup walk, then jog 30 minutes.	Brisk five-minute warmup walk, then jog 20 minutes.	<b>Race Day</b> Flying Pig / Tri-State Running Company 5K