

Beginners' 5k or 2mile Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Run 1min, Walk 1min, Repeat x10	Rest	Run 2min, Walk 2min, Repeat x5	45min Cross Train / Alternate Exercise	Rest	Run 2min, Walk 2min, Repeat x5	Rest or 30min Walk
Week 2	Run 3min, Walk 2min, Repeat x4	Rest	Run 3min, Walk 2min, Repeat x4	45min Cross Train / Alternate Exercise	Rest	Run 4min, Walk 3min, Repeat x3	Rest or 30min Walk
Week 3	Run 2min, Walk 2min, Repeat x5	Rest	Run 4min, Walk 2min, Repeat x4	45min Cross Train / Alternate Exercise	Rest	Run 5min, Walk 3min, Repeat x3	Rest or 30min Walk
Week 4	Run 3min, Walk 2min, Repeat x5	Rest	Run 4min, Walk 2min, Repeat x5	45min Cross Train / Alternate Exercise	Rest	Run 8-10min, Walk 3min, Run 5min	Rest or 30min Walk
Week 5	Run 3min, Walk 2min, Repeat x5	Rest	Run 5min, Walk 2min, Repeat x4	45min Cross Train / Alternate Exercise	Rest	Run 12min, Walk 3min, Run 5min	Rest or 30min Walk
Week 6	Run 3min, Walk 2min, Repeat x6	Rest	Run 5min, Walk 2min, Repeat x4	45min Cross Train / Alternate Exercise	Rest	Run 15min, Walk 3min, Run 5min	Rest or 30min Walk
Week 7	Run 4min, Walk 2min, Repeat x5	Rest	Run 6min, Walk 2min, Repeat x4	45min Cross Train / Alternate Exercise	Rest	Run 20min, Walk 3min, Run 5min	Rest or 30min Walk
Week 8	Run 4min, Walk 1min, Repeat x5	Rest	Run 5min, Walk 2min, Repeat x4	45min Cross Train / Alternate Exercise	Rest	Run 22- 25min, Walk 3min, Run 5min	Rest or 30min Walk
Week 9	Run 2min, Walk 2min, Repeat x5	Rest	Run 3min, Walk 2min, Repeat x5	45min Cross Train / Alternate Exercise	Rest	Run 20min OR Run 7min, Walk 3min, Repeat x3	Rest or 30min Walk
Week 10	Run 2min, Walk 2min, Repeat x5	Rest	Run 2min, Walk 2min, Repeat x4	Rest	Rest	Rest	5k Race