

Improvers' 5k or 2mile Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	1.5mile / 15min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	2mile / 20min Run	30min Easy Walk Run
Week 2	Rest	2mile / 20min Run	Cross Train / Alternate Exercise	1mile Run at Race Pace	Rest	2mile / 20min Run	30min Easy Walk Run
Week 3	Rest	2mile / 20min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	2.5mile / 25min Run	30min Easy Walk Run
Week 4	Rest	2.5mile / 25min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	2.5mile / 25min Run	35-40min Easy Walk Run
Week 5	Rest	2.5mile / 25min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	3mile / 30min Run	35-40min Easy Walk Run
Week 6	Rest	2.5mile / 25min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	3mile / 30min Run	35-40min Easy Walk Run
Week 7	Rest	3mile / 30min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	3.5mile / 35min Run	40min Easy Walk Run
Week 8	Rest	3.5mile / 35min Run	Cross Train / Alternate Exercise	2mile Run at Race Pace	Rest	4mile / 40minRun	40min Easy Walk Run
Week 9	Rest	3mile / 30min Run	Cross Train / Alternate Exercise	1.5mile Run at Race Pace	Rest	3.5mile / 35min Run	30min Easy Walk Run
Week 10	Rest	2.5mile / 25min Run	Cross Train / Alternate Exercise	2mile Easy Run	Rest	Rest	5k Race