

Strive for 5!

TUESDAY

THURSDAY

SATURDAY

Week 1	5 min warm up; Alternate 60 seconds of jogging with 90 seconds of walking 25 min End workout with 5 min stretching	5 min warm up; Alternate 60 seconds of jogging with 90 seconds of walking 25 min End workout with 5 min stretching	5 min warm up; Alternate 60 seconds of jogging with 90 seconds of walking 25 min End workout with 5 min stretching
Week 2	5 min warm up; Alternate 90 seconds of jogging with 2 min of walking 30 min End workout with 5 min stretching	5 min warm up; Alternate 90 seconds of jogging with 2 min of walking 30 min End workout with 5 min stretching	5 min warm up; Alternate 90 seconds of jogging with 2 min of walking 30 min End workout with 5 min stretching
Week 3	5 min warm up Jog 90 sec/walk 90 sec Jog 3 min/walk 3 min Repeat End with 5 min stretching	5 min warm up Jog 90 sec/walk 90 sec Jog 3 min/walk 3 min Repeat End with 5 min stretching	5 min warm up Jog 90 sec/walk 90 sec Jog 3 min/walk 3 min Repeat End with 5 min stretching
Week 4	5 min warm up Run/jog ¼ mile, walk 1/8 mile, run/jog ½ mile, walk ¼ mile, run/jog ¼ mile, walk 1/8 mile; run/jog ½ mile Cool down walk 3 min; stretch 5 min	5 min warm up Run/jog ¼ mile, walk 1/8 mile, run/jog ½ mile, walk ¼ mile, run/jog ¼ mile, walk 1/8 mile; run/jog ½ mile Cool down walk 3 min; stretch 5 min	5 min warm up Run/jog ¼ mile, walk 1/8 mile, run/jog ½ mile, walk ¼ mile, run/jog ¼ mile, walk 1/8 mile; run/jog ½ mile Cool down walk 3 min; stretch 5 min
Week 5	5 min warm up Run/jog ½ mile, walk ¼ mile, run/jog ½ mile, walk ¼ mile, run/jog ½ mile; Cool down walk 3 min; stretch 5 min	5 min warm up Run/jog ¾ mile, walk ½ mile, run/jog ¾ mile Cool down walk 3 min; stretch 5 min	5 min warm up Run/jog 2 miles (or 20 minutes) with no walking Cool down walk 3 min; stretch 5 min

Week 6	5 min warm up Run ½ mile, walk ¼ mile, run ¾ mile, walk ¼ mile, run ½ mile Cool down walk; stretch 5 min	5 min warm up Run 1 mile Walk ¼ mile Run 1 mile Cool down walk; stretch 5 min	5 min warm up Run 2 ¼ miles with no walking Cool down walk; stretch 5 min
Week 7	5 min warm up Run 2.5 miles Cool down walk and stretch 5 min	5 min warm up Run 2.5 miles Cool down walk and stretch 5 min	5 min warm up Run 2.5 miles Cool down walk and stretch 5 min
Week 8	5 min warm up Run 2.75 miles Cool down and stretch 5 min	5 min warm up Run 2.75 miles Cool down and stretch 5 min	5 min warm up Run 2.75 miles Cool down and stretch 5 min
Week 9	5 min warm up Run 3 miles Cool down walk 3-5 min Stretch 5 min	5 min warm up Run 3 miles Cool down walk 3-5 min Stretch 5 min	5K Race Day!

STICK TO THE PLAN: You need to be diligent about following it. Resist the urge to pile miles on to the plan, even if you're feeling great. Doing too much before your body is ready puts you at risk for getting hurt, and often you don't know that you're overdoing it until it's too late. After you make it to the starting line, then you can add on mileage and intensity

SCHEDULE YOUR WORKOUTS: You won't ever find time for your runs unless you make some time for them in your schedule. Plug your workouts into your phone, computer, daily appointment planner, on the front of your refrigerator, or treat them as unbreakable appointments that you can't miss. Tell family and friends about your 5-K goal so that they can help keep you accountable during training.

BUY THE RIGHT SHOES: Worn-out or ill-fitting shoes can lead to injury. If you're not sure whether your running shoes are in shape for 5-K training, go to a specialty running store to get help finding the pair that offers the support and fit your feet need.