



8 WEEK

5K BEGINNER

M T W T F S

WEEK 1
October 2-8

Walk 3min/Run 1min (repeat 5x)	Rest	Walk 3min/Run 1min (repeat 5x)	Rest	Walk 3min/Run 1min (repeat 5x)	Walk 3min/Run 1min (1 mile)
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WEEK 2
October 9-15

Walk 2.5min/Run 1.5min (repeat 5x)	Rest	Walk 2.5min/Run 1.5min (repeat 5x)	Rest	Walk 2.5min/Run 1.5min (repeat 5x)	Walk 2.5min/Run 1.5min (1.5 miles)
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WEEK 3
October 16-22

Walk 2min/Run 2min (repeat 6x)	Cross Train	Walk 2min/Run 2min (repeat 6x)	Rest	Walk 2min/Run 2min (repeat 6x)	Walk 2min/Run 2min (2 miles)
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WEEK 4
October 23-30

Walk 1.5min/Run 2.5min (repeat 6x)	Cross Train	Walk 1.5min/Run 2.5min (repeat 6x)	Rest	Walk 1.5min/Run 2.5min (repeat 6x)	Walk 1.5min/Run 2.5min (2 miles)
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WEEK 5
Oct 31 - Nov 5

Walk 1min/Run 3min (repeat 6x)	Cross Train	Walk 1min/Run 3min (repeat 6x)	Cross Train	Walk 1min/Run 3min (repeat 6x)	Walk 1min/Run 3min (2.5 miles)
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WEEK 6
November 6-12

Walk 1min/Run 3min (repeat 7x)	Cross Train	Walk 1min/Run 3min (repeat 7x)	Cross Train	Walk 1min/Run 3min (repeat 7x)	Walk 1min/Run 3min (2.5 miles)
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WEEK 7
November 13-19

Walk 1min/Run 3min (repeat 8x)	Cross Train	Walk 1min/Run 3min (repeat 8x)	Rest	Walk 1min/Run 3min (repeat 7x)	Walk 1min/Run 3min (3 miles)
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WEEK 8
November 20-26

Walk 1min/Run 3min (repeat 8x)	Rest	Walk 20min			
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*Sundays = Rest Days



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TRAINING TIPS

Warmup: Dynamic movements such as leg swings, lunges, and marching high knees are a great way to get your heart rate elevated and loosen up before your walk/run. Save the deep, static-stretching for after!

Time or Distance: Most training days will be assigned by time (~20-30min) while Saturday is listed with a total mileage. This ensures the program fits the needs of everyone, regardless of pace.

Cross Training: As you progress through the program, you will notice days labeled "Cross Training." These are intended to provide aerobic benefit from ANY activity that is not running or walking (ie: strength training, elliptical, spin class, etc.).

Schedule: You may rearrange days to fit your needs; however, try to avoid stacking too many running/walking days in a row -- be sure to spread out cross training and rest days throughout the week.

Effort: This plan is intended to be accessible for anyone, regardless of prior experience. Running/walking paces should be performed at a conversational pace. If you find yourself fatigued or out of breath in the first 2/3rds, slow down.

Injury/Illness: If you experience any illness throughout the program, take caution and a few days off to allow your body time to recover before picking things back up. If at any point you have injury concerns, PLEASE seek medical attention.