



5K run: 7-week training schedule for beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	On run/walk days, walkers will only walk. Runners will run for 15 seconds and walk for 45 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Run/walk for 3 miles (4.8km)	Rest or walk
Week 2	On run/walk days, walkers will only walk. Runners will run for 15 seconds and walk for 45 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Run/walk for 3.5 miles (5.6km)	Rest or walk
Week 3	On run/walk days, walkers will only walk. Runners will run for 20 seconds and walk for 40 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Run/walk for 2 miles (3.2km) with Magic Mile	Rest or walk
Week 4	On run/walk days, walkers will only walk. Runners will run for 20 seconds and walk for 40 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Run/walk for 4 miles (4.8km)	Rest or walk
Week 5	On run/walk days, walkers will only walk. Runners will run for 25 seconds and walk for 35 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Run/walk for 2 miles (3.2km) with Magic Mile	Rest or walk
Week 6	On run/walk days, walkers will only walk. Runners will run for 25 seconds and walk for 35 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Run/walk for 4.5 miles (7.2km)	Rest or walk
Week 7	On run/walk days, walkers will only walk. Runners will run for 30 seconds and walk for 30 seconds						
	Run/walk 30 min	Walk 30 min	Run/walk 30 min	Walk 30 min	Rest	Race Day!	Rest or walk

Magic Mile: On the first Magic Mile, warm up as usual and then run or walk one mile (1.6 km) slightly faster than your normal pace. Time your one-mile run/walk with a stopwatch. Run or walk easily the rest of the distance assigned for the day. On each successive Magic Mile, warm up as usual and then try to beat your previous one-mile run/walk time. Your 5K race pace should be one to two minutes slower than your fastest Magic Mile time.