



5K New Runner Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/26	Rest	1 m run	Rest	1 m run	Rest	1 m run	30 min walk
5/3	Rest	1 m run	Rest	1 m run	Rest	1 m run	30 min walk
5/10	Rest	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	40 min walk
5/17	Rest	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	40 min walk
5/24	Rest	2 m run	Rest or run/walk	2 m run	Rest	2 m run	45 min walk
5/31	Rest	2 m run	Rest or run/walk	2 m run	Rest	2 m run	45 min walk
6/7	Rest	2 m run	Rest or run/walk	1.5 m run	Rest	2 m run	50 min walk
6/14	Rest	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50 min walk
6/21	Rest	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	60 min walk
6/28	Rest	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
7/5	Rest	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
7/12	Rest	3 m run	2 m run	Rest	Rest	Race Day	