

5K Training Guide

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	2 km run	Rest or run/walk	2 km run	Rest	2km run	15-30 min walk
2	Rest or run/walk	2.25km run	Rest or run/walk	2.25km run	Rest	2.25km run	15-30 min walk
3	Rest or run/walk	2.5km run	Rest or run/walk	2.25 km run	Rest	2.5km run	30 min walk
4	Rest or run/walk	2.5 km run	Rest or run/walk	1.75km run	Rest	2km run	45 min walk
5	Rest or run/walk	2.75km run	Rest or run/walk	1.75km run	Rest	2.5km run	45 min walk
6	Rest or run/walk	3.25km run	Rest or run/walk	2km run	Rest	2.75 km run	50 min walk
7	Rest or run/walk	3.5km run	Rest or run/walk	2.5km run	Rest	3km run	55 min walk
8	Rest or run/walk	3.75km run	Rest or run/walk	2.75km run	Rest	3km run	55 min walk
9	Rest or run/walk	4km run	Rest or run/walk	3km run	Rest	3.25km run	60 min walk
10	Rest or run/walk	4.25km run	Rest or run/walk	3.25km run	Rest	3.5km run	60 min walk
11	Rest or run/walk	4.5km run	Rest or run/walk	3.5km run	Rest	3.75km run	60 min walk
12	Rest or run/walk	5km run	Rest or run/walk	3.5km run	Rest	5km run	60 min walk
13	Rest or run/walk	5km run	Rest or run/walk	3.5km run	Rest	5km run	60 min walk
14	Rest or run/walk	5 km run	Rest or run/walk	3.5km run	Rest	Rest	5-K Race

Mondays are meant to be a rest day or if you feel up to it you can go for light run or walk.