

5K Training Schedule for Beginners

(*CT = Cross Train – hike, bike for 20’)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 m run	CT or Rest	1.5 m run	Rest	1.5 m run	20-30 min EZ
2	Rest	1.75 m run	CT or Rest	1.5 m run	Rest	1.75 m run	20-30 min EZ
3	Rest	2 mi run	CT or Rest	1.5 m run	Rest	2 m run	20-30 min EZ
4	Rest	2.25 m run	CT or Rest	1.5 m run	Rest	2.25 m run	25-35 min EZ
5	Rest	2.5 m run	CT or Rest	2 m run	Rest	2.5 m run	25-35 min EZ
6	Rest	2.75 m run	CT	2 m run	Rest	2.75 m run	35-40 min EZ
7	Rest	3 m run	CT	2 m run	Rest	3 m run	40 min EZ
8	Rest	3 m run	2 m run	Rest	Rest	5K Race!	

Great Job!

And remember:

“Pain is temporary. Quitting is forever.”

~ *Lance Armstrong*