

4 week to 5K schedule- assumes some running done already

Notes about the training schedules:

You don't have to do your runs on specific days; however, you should try not to run two days in a row. Either take a complete rest day or do cross-training on the days in between runs. Cross-training can be cycling, yoga, swimming, or any other activity (other than running) that you enjoy. Strength-training 2-3 times a week is also very beneficial for runners.

If you find that this training program is progressing too quickly for you, you can stay on a week and repeat the workouts before moving on to the next week.

Week 1:

Day 1: Run 10 minutes, walk 1 min – repeat 2 times

Day 2: Rest or cross-train

Day 3: Run 12 minutes, walk 1 min – repeat 2 times

Day 4: Rest

Day 5: Run 13 minutes, walk 1 min – repeat 2 times

Day 6: Rest or cross-train

Day 7: Rest

Week 2:

Day 1: Run 15 minutes, walk 1 min - repeat 2 times

Day 2: Rest or cross-train

Day 3: Run 17 minutes, walk 1 min, run 7 min

Day 4: Rest

Day 5: Run 19 minutes, walk 1 min, run 7 min

Day 6: Rest or cross-train

Day 7: Rest

Week 3:

Day 1: Run 20 minutes, walk 1 min, run 6 min

Day 2: Rest or cross-train

Day 3: Run 24 minutes

Day 4: Rest

Day 5: Run 26 minutes

Day 6: Rest or cross-train

Day 7: Rest

Week 4:

Day 1: Run 28 minutes

Day 2: Rest or cross-train

Day 3: Run 30 minutes

Day 4: Rest

Day 5: Run 20 minutes

Day 6: Rest

Day 7: Race! Run 3.1 miles