



# 10 WEEKS TO A 5K



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	16 min total; 5 min walk, run/walk 1 min alternating, 5 min walk	Walk 15 minutes	18 min total; 5 min walk, run/walk 1 min alternating, 5 min walk	Walk 15 minutes	Day off	20 min total; 5 min walk, run/walk 1 min alternating, 5 min walk	Day off
2	24 min total; 5 min walk, run/walk 1 min alternating, 5 min walk	Walk 15 minutes	26 min total; 5 min walk, run/walk 1 min alternating, 5 min walk	Walk 15 minutes	Day off	30 min total; 5 min walk, run/walk 1 min alternating, 5 min walk	Day off
3	25 min total; 5 min walk, run 2 min/walk 1 min alternating, 5 min walk	Walk 20 minutes	28 min total; 5 min walk, run 2 min/walk 1 min alternating, 5 min walk	Walk 20 minutes	Day off	31 min total; 5 min walk, run 2 min/walk 1 min alternating, 5 min walk	Day off
4	26 min total; 5 min walk, run 3 min/walk 1 min alternating, 5 min walk	Walk 20 minutes	30 min total; 5 min walk, run 3 min/walk 1 min alternating, 5 min walk	Walk 20 minutes	Day off	34 min total; 5 min walk, run 3 min/walk 1 min alternating, 5 min walk	Day off
5	25 min total; 5 min walk, run 4 min/walk 1 min alternating, 5 min walk	Walk 25 minutes	30 min total; 5 min walk, run 4 min/walk 1 min alternating, 5 min walk	Walk 25 minutes	Day off	35 min total; 5 min walk, run 4 min/walk 1 min alternating, 5 min walk	Day off
6	34 min total; 5 min walk, run 5 min/walk 1 min alternating, 5 min walk	Walk 25 minutes	40 min total; 5 min walk, run 5 min/walk 1 min alternating, 5 min walk	Walk 25 minutes	Day off	46 min total; 5 min walk, run 5 min/walk 1 min alternating, 5 min walk	Day off
7	31 min total; 5 min walk, run 6 min/walk 1 min alternating, 5 min walk	Walk 35 minutes	38 min total; 5 min walk, run 6 min/walk 1 min alternating, 5 min walk	Walk 35 minutes	Day off	45 min total; 5 min walk, run 6 min/walk 1 min alternating, 5 min walk	Day off
8	37 min total; 5 min walk, run 8 min/walk 1 min alternating, 5 min walk	Walk 35 minutes	46 min total; 5 min walk, run 8 min/walk 1 min alternating, 5 min walk	Walk 35 minutes	Day off	55 min total; 5 min walk, run 8 min/walk 1 min alternating, 5 min walk	Day off
9	40 min total; 5 min walk, run 9 min/walk 1 min alternating, 5 min walk	Walk 45 minutes	50 min total; 5 min walk, run 9 min/walk 1 min alternating, 5 min walk	Walk 45 minutes	Day off	Run 30 minutes	Day off
10	Run 10 min steady, then 10 min walking	Walk 45 minutes	Run 15 min steady, then 15 min walking	Walk 45 minutes	Day off	<b>Event - run 3.1 miles (5 kilometers)!</b>	Day off