Beginner 5K: Run/Walk 8 Week Program

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**30 min R/W** 2 min run w/ 1 min walk (recovery) (X10) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**30 min R/W** 2 min run w/ 1 min walk (recovery) (X10) reps	Rest	**27 min R/W** 3 min run w/ 1:30 min walk (recovery) (X6) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**28 min R/W** 3 min run w/ 1 min walk (recovery) (X7) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**28 min R/W** 3 min run w/ 1 min walk (recovery) (X7) reps	Rest	**30 min R/W** 4 min run w/ 2 min walk (recovery) (X5) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
	(2-3) X18 sec strides		**(2-3) X18 sec strides**		**(2-3) X18 sec strides**	
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**30 min R/W** 4 min run w/ 2 min walk (recovery) (X5) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**30 min R/W** 4 min run w/ 2 min walk (recovery) (X5) reps	Rest	**36 min R/W** 4 min run w/ 2 min walk (recovery) (X6) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
	(2-3) X18 sec strides		**(2-3) X18 sec strides**		**(2-3) X18 sec strides**	
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**36 min R/W** 4 min run w/ 2 min walk (recovery) (X6) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**36 min R/W** 4 min run w/ 2 min walk (recovery) (X6) reps	Rest	**36 min R/W** 4 min run w/ 2 min walk (recovery) (X6) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
	(3-4) X18 sec strides		**(3-4) X18 sec strides**		**(3-4) X18 sec strides**	
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**33 min R/W** 4 min run w/ 1:30 min walk (recovery) (X6) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**35 min R/W** 4 min run w/ 1 min walk (recovery) (X7) reps	Rest	**35 min R/W** 5 min run w/ 2 min walk (recovery) (X5) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
	(3-4) X18 sec strides		**(3-4) X18 sec strides**		**(3-4) X18 sec strides**	
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**39 min R/W** 5 min run w/ 1:30 min walk (recovery) (X6) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**36 min R/W** 5 min run w/ 1 min walk (recovery) (X6) reps	Rest	**42 min R/W** 5 min run w/ 1 min walk (recovery) (X7) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
	(3-5) X18 sec strides		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	Recovery/Maintenance
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	Dynamic W-U
Rest	**30 min R/W** 5 min run w/ 1 min walk (recovery) (X5) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**36 min R/W** 5 min run w/ 1 min walk (recovery) (X6) reps	Rest	**30 min R/W** 5 min run w/ 1 min walk (recovery) (X5) reps	Cross Training: Swimming/Eliptical/Biking/ Yoga/Walking OR Rest if Needed
	(3-5) X18 sec strides		**(3-5) X18 sec strides**		**(3-5) X18 sec strides**	
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Rest Day	Base Building	Recovery/Maintenance	Base Building	Rest Day	Longer Distance	
	Dynamic W-U	Dynamic W-U	Dynamic W-U		Dynamic W-U	
Rest	**30 min R/W** 5 min run w/ 1 min walk (recovery) (X5) reps	Cross Training: Swimming/Eliptical/Biking/Yoga/Walking OR Rest if Needed	**20 min R/W** 4 min run w/ 1 min walk (recovery) (X4) reps	Rest	**RACE DAY**	
	(3-5) X18 sec strides		**(3-5) X18 sec strides**			
Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	Mobility/Stretching	