

## 10 Week 5K Training Program for Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min exercise: Walk 5 minutes then 5 intervals of 1 min jog and 4 min walk	20 min Cross Training	30 min exercise: Walk 5 minutes then 5 intervals of 1 min jog and 4 min walk	REST	20 min Cross Training	30 min exercise: Walk 10 min; jog 5 min; walk 15 min	REST
2	30-35 min exercise: Walk 5 minutes then 5 intervals of 1-2 min jog and 4 min walk	20 min Cross Training	30-35 min exercise: Walk 5 minutes then 5 intervals of 1-2 min jog and 4 min walk	REST	20 min Cross Training	30-35 min exercise: Walk 10 min; jog 5-10 min; walk 15 min	REST
3	35 min exercise: Walk 5 minutes then 5 intervals of 2 min jog and 4 min walk	25 min Cross Training	35 min exercise: Walk 5 minutes then 5 intervals of 2 min jog and 4 min walk	REST	25 min Cross Training	35 min exercise: Walk 10 min; jog 10 min; walk 15 min	REST
4	35-40 min exercise: Walk 5 minutes then 5 intervals of 2-3 min jog and 4 min walk	25 min Cross Training	35-40 min exercise: Walk 5 minutes then 5 intervals of 2-3 min jog and 4 min walk	REST	25 min Cross Training	35-40 min exercise: Walk 10 min; jog 10-15 min; walk 15 min	REST
5	40 min exercise: Walk 5 minutes then 5 intervals of 3 min jog and 4 min walk	30 min Cross Training	40 min exercise: Walk 5 minutes then 5 intervals of 3 min jog and 4 min walk	REST	30 min Cross Training	40 min exercise: Walk 10 min; jog 15 min; walk 15 min	REST

6	35-40 min exercise: Walk 5 minutes then 5-6 intervals of 3 min jog and 3 min walk	30 min Cross Training	35-40 min exercise: Walk 5 minutes then 5-6 intervals of 3 min jog and 3 min walk	REST	30 min Cross Training	35-40 min exercise: Walk 10 min; jog 15-20 min; walk 10-15 min	REST
7	40 min exercise: Walk 5 minutes then 5 intervals of 4 min jog and 3 min walk	35 min Cross Training	40 min exercise: Walk 5 minutes then 5 intervals of 4 min jog and 3 min walk	REST	35 min Cross Training	40 min exercise: Walk 10 min; jog 20 min; walk 10 min	REST
8	35-40 min exercise: Walk 5 minutes then 5 intervals of 4-5 min jog and 2 min walk	35 min Cross Training	35-40 min exercise: Walk 5 minutes then 5 intervals of 4-5 min jog and 2 min walk	REST	35 min Cross Training	35-40 min exercise: Walk 5 min; jog 20-25 min; walk 10 min	REST
9	40 min exercise: Walk 5 minutes then 5 intervals of 5 min jog and 2 min walk	25 min Cross Training	40 min exercise: Walk 5 minutes then 5 intervals of 5 min jog and 2 min walk	REST	25 min Cross Training	40 min exercise: Walk 5 min; jog 25-30 min; walk 5-10 min	REST
10	20-30 min: Walk 5 min; jog 5-10 min; walk 10-15 min	20 min Cross Training	20 min walk	REST	REST	*RACE DAY	REST

Example cross training exercises: swimming/water aerobics, dance/Zumba, yoga, biking, elliptical, strength training, etc.

\*Race day you can do walk/jog intervals throughout the race, walk the entire race or run the entire race. Do what feels good to you!