

5k Run, Walk or Run/Walk Training Plan
Gale Bernhardt ©2006

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run/Walk 10 minutes total: (Run 1 minute, Walk 1 minute) x 5	Walk 5 minutes	Run/Walk 16 minutes total: (Run 1 minute, Walk 1 minute) x 8	Walk 10 minutes	Day Off	Run/Walk 20 minutes total: (Run 1 minute, Walk 1 minute) x 10	Day Off
2	Run/Walk 20 minutes total: (Run 1 minute, Walk 1 minute) x 10	Walk 10 minutes	Run/Walk 24 minutes total: (Run 1 minute, Walk 1 minute) x 12	Walk 15 minutes	Day Off	Run/Walk 30 minutes total: (Run 1 minute, Walk 1 minute) x 15	Day Off
3	Run/Walk 18 minutes total: (Run 2 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 10 sit-ups	Run/Walk 24 minutes total: (Run 2 minutes, Walk 1 minute) x 8	Walk 15 minutes and do 15 sit-ups	Day Off	Run/Walk 30 minutes total: (Run 2 minutes, Walk 1 minute) x 10	Day Off
4	Run/Walk 20 minutes total: (Run 3 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 20 sit-ups	Run/Walk 24 minutes total: (Run 3 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 25 sit-ups	Day Off	Run/Walk 32 minutes total: (Run 3 minutes, Walk 1 minute) x 8	Day Off
5	Run/Walk 15 minutes total: (Run 4 minute, Walk 1 minute) x 3	Walk 15 minutes and do 30 sit-ups	Run/Walk 20 minutes total: (Run 4 minute, Walk 1 minute) x 4	Walk 15 minutes and do 35 sit-ups	Day Off	Run/Walk 25-30 minutes total: (Run 4 minute, Walk 1 minute) x 5 or 6	Day Off
6	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 40 sit-ups	Run 12 to 25 minutes steady immediately followed by walking 12 to 15 minutes steady	Walk 15 minutes and do 45 sit-ups	Day Off	Run/Walk 30-35 minutes total: (Run 4 minutes, Walk 1 minute) x 6 or 7	Day Off
7	Run/Walk 24 minutes total: (Run 5 minutes, Walk 1 minute) x 4	Walk 15 minutes and do 50 sit-ups	Run/Walk 30 minutes total: (Run 5 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 36 to 42 minutes total: (Run 5 minutes, Walk 1 minute) x 6 or 7	Day Off
8	Run/Walk 21 minutes total: (Run 6 minutes, Walk 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Run/Walk 28 minutes total: (Run 6 minutes, Walk 1 minute) x 4	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 42 minutes total: (Run 6 minutes, Walk 1 minute) x 6	Day Off
9	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 50 sit-ups	Run 15 minutes steady immediately followed by walking 15 minutes steady	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 48 minutes total: (Run 7 minutes, Walk 1 minute) x 6	Day Off
10	Run/Walk 18 minutes total: (Run 8 minutes, Walk 1 minute) x 2	Walk 15 minutes and do 50 sit-ups	Run/Walk 27 minutes total: (Run 8 minutes, Walk 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 45 minutes total: (Run 8 minutes, Walk 1 minute) x 5	Day Off
11	Run/Walk 20 minutes total: (Run 9 minutes, Walk 1 minute) x 2	Walk 15 minutes and do 50 sit-ups	Run/Walk 30 minutes total: (Run 9 minutes, Walk 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Day Off	Run 30 minutes steady	Day Off
12	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 50 sit-ups	Run 15 minutes steady immediately followed by walking 15 minutes steady	Walk 15 minutes and do 50 sit-ups	Day Off	Event: Run or Run/Walk 3.1 miles (5 kilometers)	Day Off
13	Run or Run/Walk 20 minutes total	Walk 15 minutes and do 50 sit-ups	Run or Run/Walk 25 to 30 minutes total	Walk 15 minutes and do 50 sit-ups	Day Off	Run or Run/Walk 35 to 45 minutes total	Day Off
14	Run or Run/Walk 20 minutes total	Walk 15 minutes and do 50 sit-ups	Run or Run/Walk 30 to 35 minutes total	Walk 15 minutes and do 50 sit-ups	Day Off	Run or Run/Walk 45 to 55 minutes total	Day Off
15	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 50 sit-ups	Run 15 minutes steady immediately followed by walking 15 minutes steady	Walk 15 minutes and do 50 sit-ups	Day Off	Run or Run/Walk 3.1 miles (5 kilometers)	Day Off