



Beginner 5k Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/26/2021	Rest	Run 1 mile	Walk 30 minutes	Run 1.5 miles	Rest	Walk 30 minutes	Run 1.5 miles
2 8/2/2021	Rest	Run 1.75 miles	Walk 35 minutes	Run 1.5 miles	Rest	Walk 35 minutes	Run 1.75 miles
3 8/9/2021	Rest	Run 2 miles	Walk 40 minutes	Run 1.75 miles	Rest	Walk 40 minutes	Run 2 miles
4 8/16/2021	Rest	Run 2.25 miles	Walk 45 minutes	Run 1.75 miles	Rest	Walk 45 minutes	Run 2.25 miles
5 8/23/2021	Rest	Run 2.5 miles	Walk 45 minutes	Run 2 miles	Rest	Walk 45 minutes	Run 2.5 miles
6 8/30/2021	Rest	Run 2.75 miles	Walk 50 minutes	Run 2 miles	Rest	Walk 50 minutes	Run 2.75 miles
7 9/6/2021	Rest	Run 3 miles	Walk 60 minutes	Run 2 miles	Rest	Walk 40 minutes	Run 4 miles
8 9/13/2021	Rest	Run 3 miles	Rest	Run/walk 2 miles	AFM 5k Race Day	Rest	Walk 30 minutes