



## BEGINNER 5K TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 7/29/2024	Run 1 mile	Rest	Walk 30 minutes	Run 1.5 miles	Rest	Walk 30 minutes	Run 1.5 miles
<b>2</b> 8/5/2024	Run 1.75 miles	Rest	Walk 35 minutes	Run 1.5 miles	Rest	Walk 35 minutes	Run 1.75 miles
<b>3</b> 8/12/2024	Run 2 miles	Rest	Walk 40 minutes	Run 1.75 miles	Rest	Walk 40 minutes	Run 2 miles
<b>4</b> 8/19/2024	Run 2.25 miles	Rest	Walk 45 minutes	Run 1.75 miles	Rest	Walk 45 minutes	Run 2.25 miles
<b>5</b> 8/26/2024	Run 2.5 miles	Rest	Walk 45 minutes	Run 2 miles	Rest	Walk 45 minutes	Run 2.5 miles
<b>6</b> 9/2/2024	Run 2.75 miles	Rest	Walk 50 minutes	Run 2 miles	Rest	Walk 50 minutes	Run 2.75 miles
<b>7</b> 9/9/2024	Run 3 miles	Rest	Walk 60 minutes	Run 2 miles	Rest	Walk 40 minutes	Run 4 miles
<b>8</b> 9/16/2024	Run 3 miles	Rest	Rest	Run/walk 2 miles	AFM 5k Race Day	Rest	Walk 30 minutes