

8WEEK 5K TRAINING CALENDER

Start and end each workout with 5 min of walking.

WEEK 1/DAY 1: Cross-training or Rest	WEEK 1/DAY 2: 1 Mile Run	WEEK 1/DAY 3: Cross-training or Rest	WEEK 1/DAY 4: 20min Run until fatigued Walk until recovered	WEEK 1/DAY 5: Rest	WEEK 1/DAY 6: 1.5 Mile Run	WEEK 1/DAY 7: 30 min Walk
WEEK 2/DAY 1: Cross-training or Rest	WEEK 2/DAY 2: 1.75 Mile Run	WEEK 2/DAY 3: Cross-training or Rest	WEEK 2/DAY 4: 20min Run until fatigued Walk until recovered	WEEK 2/DAY 5: Rest	WEEK 2/DAY 6: 1.75 Mile Run	WEEK 2/DAY 7: 35 min Walk
WEEK 3/DAY 1: Cross-training or Rest	WEEK 3/DAY 2: 2 Mile Run	WEEK 3/DAY 3: Cross-training or Rest	WEEK 3/DAY 4: 20min Run until fatigued Walk until recovered	WEEK 3/DAY 5: Rest	WEEK 3/DAY 6: 2 Mile Run	WEEK 3/DAY 7: 40 min Walk
WEEK 4/DAY 1: Cross-training or Rest	WEEK 4/DAY 2: 2.25 Mile Run	WEEK 4/DAY 3: Cross-training or Rest	WEEK 4/DAY 4: 25min Run until fatigued Walk until recovered	WEEK 4/DAY 5: Rest	WEEK 4/DAY 6: 2.25 Mile Run	WEEK 4/DAY 7: 45 min Walk
WEEK 5/DAY 1: Cross-training or Rest	WEEK 5/DAY 2: 2.5 Mile Run	WEEK 5/DAY 3: Cross-training or Rest	WEEK 5/DAY 4: 25min Run until fatigued Walk until recovered	WEEK 5/DAY 5: Rest	WEEK 5/DAY 6: 2.5 Mile Run	WEEK 5/DAY 7: 50 min Walk
WEEK 6/DAY 1: Cross-training or Rest	WEEK 6/DAY 2: 2.75 Mile Run	WEEK 6/DAY 3: Cross-training or Rest	WEEK 6/DAY 4: 25min Run until fatigued Walk until recovered	WEEK 6/DAY 5: Rest	WEEK 6/DAY 6: 2.75 Mile Run	WEEK 6/DAY 7: 55 min Walk
WEEK 7/DAY 1: Cross-training or Rest	WEEK 7/DAY 2: 3 Mile Run	WEEK 7/DAY 3: Cross-training or Rest	WEEK 7/DAY 4: 25min Run until fatigued Walk until recovered	WEEK 7/DAY 5: Rest	WEEK 7/DAY 6: 3 Mile Run	WEEK 7/DAY 7: 60 min Walk
WEEK 8/DAY 1: Cross-training or Rest	WEEK 8/DAY 2: 3 Mile Run	WEEK 8/DAY 3: Cross-training or Rest	WEEK 8/DAY 4: 25min Run until fatigued Walk until recovered	WEEK 8/DAY 5: Rest	WEEK 8/DAY 6: Rest	5K Race!!

Reference: Hagdon, Hal (2011). *5K Training: Novice*. Retrieved from <http://www.halhighdon.com/training/50933/5K-Novice-Training-Program>