



5 Weeks to your First 5K (Non-Runner)

This program is designed for the person who has always wanted to join their friends at the local 5K race but has no previous experience running. This person is not yet able to run one mile without stopping.

Week One

Monday—Walk 1 mile
Tuesday—Walk 1 mile
Wednesday—Rest
Thursday—Walk 1 mile
Friday—Rest
Saturday—Walk 2 miles
Sunday—Rest

Week Two

Monday—Walk 1 mile
Tuesday—Jog 1 minute/Walk 8 minutes for 1 mile
Wednesday—Walk 1 mile
Thursday—Jog 1 minute/Walk 8 minutes for 1 mile
Friday—Rest
Saturday—Walk 2 miles
Sunday—Rest

Week Three

Monday—Walk 1 mile
Tuesday—Jog 1 minute/Walk 7 minutes for 1 mile
Wednesday—Walk 1 mile
Thursday—Jog 1 minute/Walk 7 minutes for 1 mile
Friday—Rest
Saturday—Jog 1 minute/Walk 7 minutes for 1.5 miles
Sunday—Rest

Week Four

Monday—Walk 1 mile
Tuesday—Jog 1 minute/Walk 6 minutes for 1 mile
Wednesday—Walk 1 mile
Thursday—Jog 1 minute/Walk 6 minutes for 1 mile
Friday—Rest
Saturday—Jog 1 minute/Walk 6 minutes for 2 miles
Sunday—Rest

Week Five

Monday—Walk 1 mile
Tuesday—Jog 1 minute/Walk 5 minutes for 1 mile
Wednesday—Walk 1 mile
Thursday—Jog 1 minute/Walk 5 minutes for 1 mile
Friday—Rest
Saturday—5K Race (Jog 1 minute/Walk 5 minutes) and Have Fun!!!
Sunday—Rest