



10 Week Beginning Runner Walk/Run Plan - 5K



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Pre-Week Oct. 17						Run 1m Walk 2m x4	30 min. walk or XT
Week 1 Oct. 24	Rest	Run 1m Walk 2m x 4	XT Or Rest	Run 1m Walk 2m x 4	XT or Rest	Run 1m Walk 2m x 4	45 min. walk or XT
Week 2 Oct. 31	Rest	Run 1 Walk 2 x 4	XT or Rest	Run 2 Walk 2 x 4	XT or Rest	Run 2 Walk 2 x 5	45 min. walk or XT
Week 3 Nov. 7	Rest	Run 2.5 Walk 2 x 4	XT or Rest	Run 2.5 Walk 2 x 4	XT or Rest	Run 2.5 Walk 2 x 4	45 min. walk or XT
Week 4 Nov. 14	Rest	Run 3 Walk 2 x 4	XT or Rest	Run 3 Walk 2 x 4	XT or Rest	Run 3 Walk 2 x 5	50 min. walk or XT
Week 5 Nov. 21	Rest	Run 3 Walk 1 x 5	XT or Rest	Run 3 Walk 1 x 5	XT or Rest	Run 3 Walk 1 x 7	50 min. walk or XT
Week 6 Nov. 28	Rest	Run 3 Walk 1 x 6	XT or Rest	Run 3 Walk 1 x 6	XT or Rest	Run 3 Walk 1 x 6	55 min. walk or XT
Week 7 Dec. 5	Rest	Run 3.5 Walk 1 x 6	XT or Rest	Run 3.5 Walk 1 x 6	XT or Rest	Run 3.5 Walk 1 x 7	55 min. walk or XT
Week 8 Dec. 12	Rest	Run 4 Walk 1 x 6	XT or Rest	Run 4 Walk 1 x 6	XT or Rest	Run 4 Walk 1 x 7	60 min. walk or XT
Week 9 Dec. 19	Rest	Run 4 Walk 1 x 7	XT or Rest	Run 4 Walk 1 x 7	XT or Rest	Run 4 Walk 1 x 7	60 min. walk or XT
Week 10 Dec. 26	Rest	Run 4 Walk 1 x 6	XT or Rest	Run 4 Walk 1 x 4	20 min. walk	5K Race	Rest

How to use the schedule

Run / Walk Days- Always begin your workout with a 5-minute warm up by walking and/or doing dynamic stretches, and always end your workout with 5 minutes cool down by walking. You will be walking the number of minutes, then running the amount of

minutes listed in your schedule each day. The number after the “x” is how many times you will repeat the interval.

XT- “Cross Training” Days- A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross-training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body injury free.

Sunday Walks- This is a walk day where you will be walking at a comfortable pace. You should be able to walk and chat with a friend for 45 minutes to an hour. This is a day to get more time on your feet, get a good work out, but not stress your muscles too much.

Rest- Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness. Listen to your body and rest as appropriate.