

TRAIN TO RUN A 5K

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	20 min: walk 1 min, jog 1 min	rest	20 min: walk 1 min, jog 1 min	rest	20 min: walk 1 min, jog 1 min	rest	20-30 min long walk
Week 2	20 min: walk 1 min, jog 2 min	rest	20 min: walk 1 min, jog 2 min	rest	20 min: walk 1 min, jog 3 min	rest	30-40 min long walk
Week 3	20 min: walk 1 min, jog 4 min	rest	10 min jog, 10 min walk	rest	5 min jog, 3 min walk, repeat 2x	rest	40 min: jog 2 min, walk 1 min
Week 4	12 min jog, 12 min walk	rest	8 min jog, 1 min walk, repeat 1x	rest	15 min jog	rest	40 min: jog 2 min, walk 1 min
Week 5	20 min jog	rest	5 min run, 1 min walk, repeat 3x	rest	25 min jog	rest	25 min run
Week 6	20 min jog	rest	rest	rest	Easy 20 min	rest	RUN 4 KIDS 5K

Your goal for this running plan is to go from 0 to steady running in six weeks. You can swap run days for rest days as long as you get in 3-4 run days. Remember, be safe and be smart with any new exercise plan.