

Walk/Run 5K Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Sa	Su
WK 1		W30		R1/W9 x 2			R/W 30
WK 2		R3/W27		R2/W8 x 3			R/W 30
WK 3		R6/W24		R3/W7 x 3			R/W 30
WK 4		R9/W21		R4/W6 x 3			R/W 30
WK 5		R12/W18		R5/W5 x 3			R/W 30
WK 6		R15/W15		Practice - timed 1/2 5K			R/W 30
WK 7		R18/W12		R6/W4 x 3			R/W 45
WK 8		R21/W9		R7/W3 x 3			R/W 45
WK 9		R24/W6		R8/W2 x 3			R/W 45
WK 10		R27/W3		R9/W1 x 3			R/W 45
WK 11		R30		R30			R/W 45
WK 12		R25		R20			5K