

# 5K WALK

**Best suited for those who want to walk the 5K or those who have been inactive for four or more months**

<b>DAY MODE INTENSITY  RATE SCALE</b>	<b>Monday Walk Conversational Pace  6-7</b>	<b>Tuesday Cross-Train or Rest Moderate  7</b>	<b>Wednesday Walk Conversational Pace  6-7</b>	<b>Thursday Rest Day</b>	<b>Friday Cross-Train or Rest Moderate  6-7</b>	<b>Saturday Walk Conversational Pace  6-7</b>	<b>Sunday Rest Day</b>
WEEK 1	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
WEEK 2	25 minutes	30 minutes	25 minutes	Rest	30 minutes	30 minutes	Rest
WEEK 3	25 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
WEEK 4	30 minutes	30 minutes	30 minutes	Rest	30 minutes	35 minutes	Rest
WEEK 5	30 minutes	30 minutes	35 minutes	Rest	30 minutes	40 minutes	Rest
WEEK 6	30 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	40 minutes	Rest
WEEK 7	35 minutes	30-40 minutes	35 minutes	Rest	30-40 minutes	45 minutes	Rest
WEEK 8	35 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	50 minutes	Rest
WEEK 9	40 minutes	30-40 minutes	40 minutes	Rest	30-40 minutes	45 minutes	Rest
WEEK 10	30 minutes	30 minutes	30 minutes	Rest	30 minutes	<b>5K Walk Celebration! !</b>	Rest

## 5K WALK-RUN

**Best suited for those who have been walking or exercising regularly 2-3 times per week for at least 3-4 months**

<b>DAY MODE INTENSITY</b>	<b>Monday Walk-Run Moderate</b>	<b>Tuesday Cross-Train or Rest Easy</b>	<b>Wednesday Walk-Run Moderate</b>	<b>Thursday Rest Day</b>	<b>Friday Cross-Train or Rest Easy</b>	<b>Saturday Run-Walk Moderate</b>	<b>Sunday Rest Day</b>
<b>RATE SCALE</b>	7	6	7		6-7	7	
WEEK 1	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
WEEK 2	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
WEEK 3	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
WEEK 4	28 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
WEEK 5	28 minutes Run 1 min/Walk 3 min Repeat 7 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest
WEEK 6	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest
WEEK 7	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 2 min/ Walk 3 min Repeat 8 times	Rest
WEEK 8	35 minutes Run 2 min/Walk 3 min Repeat 7 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/ Walk 2 min Repeat 10 times	Rest
WEEK 9	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
WEEK 10	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	32 minutes Run 2 min/Walk 2 min Repeat 8 times	30 minutes	Rest	5K Race Run/Walk 2/2	Rest

# 5K RUN-WALK

Best suited for first-time 5K participants and those who run occasionally or runners who were injured and getting back into it

<b>DAY MODE INTENSITY  RATE SCALE</b>	<b>Monday Run-Walk Conversational Pace  6-7</b>	<b>Tuesday Cross-Train or Rest Moderate  7</b>	<b>Wednesday Run-Walk Conversational Pace  6-7</b>	<b>Thursday Rest Day</b>	<b>Friday Cross- Train or Rest Moderate  6-7</b>	<b>Saturday Run-Walk Conversational Pace  6-7</b>	<b>Sunday Rest Day</b>
WEEK 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
WEEK 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
WEEK 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
WEEK 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
WEEK 5	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 5 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
WEEK 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
WEEK 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/ Walk 1 min Repeat 8 times	Rest
WEEK 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times	Rest	30-40 minutes	40 minutes Run 4 min/ Walk 1 min Repeat 8 times	Rest
WEEK 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
WEEK 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run5/Walk 1 Repeat 5 times	Rest	Rest	5K Race Run/Walk 5/1	Rest

## **5K RUN**

**Best suited for those who have been running at least 2-3 times per week for 20-30 minutes  
for at least 4 months**

<b>DAY MODE INTENSITY  RATE SCALE</b>	<b>Monday Run Conversational Pace</b>	<b>Tuesday Cross-Train or Rest Moderate</b>	<b>Wednesday Run – PickUps* Conversational Pace</b>	<b>Thursday Rest Day</b>	<b>Friday Cross-Train or Rest Moderate</b>	<b>Saturday Walk Conversational Pace</b>	<b>Sunday Rest Day</b>
WEEK 1	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
WEEK 2	25 minutes	30-40 minutes	25 minutes	Rest	30-40 minutes	30 minutes	Rest
WEEK 3	25 minutes	30-40 minutes	30 minutes *Pick Ups	Rest	30-40 minutes	35 minutes	Rest
WEEK 4	30 minutes	30-40 minutes	30 minutes *Pick Ups	Rest	30-40 minutes	35 minutes	Rest
WEEK 5	30 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
WEEK 6	35 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
WEEK 7	35 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
WEEK 8	40 minutes	30-40 minutes	40 minutes *Pick Ups	Rest	30-40 minutes	45 minutes	Rest
WEEK 9	40 minutes	30-40 minutes	35 minutes *Pick Ups	Rest	30-40 minutes	40 minutes	Rest
WEEK 10	35 minutes	Rest	30 minutes *Pick Ups	Rest	Rest	5K Race	Rest