



"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9 (NIV)

5K

Week	Sunday	Monday	Tuesday	Wend	Thursday	Friday	Sat
1 Feb 4 (Group run)	Run 1 min Walk 2 min X8 Walk 15 min	rest	rest	Run 1 min Walk 2 min X6 Walk 15 min	*Cross training	Run 1 min Walk 2 min X10 Walk 15 min	rest
2 Feb 11 (Group run)	Run 2 min Walk 2 min X7 Walk 25 min	rest	rest	Run 2 min Walk 2 min X6 Walk 20 min	Cross training	Run 2min Walk 2 min X8 Walk 20 min	rest
3 Feb 18	Run 3 min Walk 3 min X6 Walk 25 min	rest	rest	Run 3 min Walk 2 min X5 Walk 20 min	Cross training	Run 3 min Walk 3 min X7 Walk 20 min	rest
4 Feb 25 (Group run)	Run 5 min Walk 3 min X4 Walk 30 min	rest	Rest	Run 5 min Walk 3 min X3 Cross Training	Cross training	Run 5 min Walk 3 min X5 Walk 20 min	rest
5 Mar 4	Run 8 min Walk 3 min X3 Walk 40 min	rest	Rest	Run 7 min Walk 2 min X3 Cross Training	Cross Training	Run 8 min Walk 3 min X3 Walk 30 min	rest
6 Mar 11 (Group run)	Run 9 min Walk 3 min X3 Walk 45 min	rest	Rest	Run 8 min Walk 2 min X3 Cross Training	Cross training	Run 10 min Walk 3 min X3 Walk 30 min	rest
7 Mar 18 (Group run)	Run 15 min Walk 5 min X2 Walk 55 min	rest	Rest	Run 15 min Walk 5 min Run 10 min Cross Training	Cross training	Run 20 min Walk 5 min Run 15 min Walk 55 min	rest
8 Mar 25 (Group run)	Run 20 min Walk 5 min Run 15 min Walk 65 min	rest	Run 10 min Walk 3 min Run 20 min Walk 60 min	rest	rest	rest	rest
9 April 8th	Race Day 5K	Recovery 10 min run 5 min Walk Walk 25 min	rest	rest	10 min run 5 min walk Walk 25 min	Cross training Cross training	rest

***Cross-training:** Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the cross-training days for the first 2 weeks, and then add the cross-training workouts to the schedule for week 3. If you are active 3 or 4 days already, follow the schedule as it appears. Cycling, swimming, Pilates/yoga, strength training, elliptical training, stair climbing, and Spinning are great cross-training modes for 5K training.