

10 Week 5K Training Schedule

Beginner/Intermediate

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5:00 warm-up; 10x(:30 run/ :30 walk); 5:00 cool-down walk Total = 20:00	REST or Cross- train	5:00 warm-up; 10x (1:00 run/1:00 walk); 5:00 cool-down walk Total = 30:00	Cross-train 30:00	5:00 warm-up; 10x (1:30 run/1:00 walk); 5:00 cool-down walk Total = 35:00	REST	Cross-train 30:00
2	5:00 warm-up 10x (1:30 run/1:00 walk); 5:00 cool-down walk Total = 35:00	REST or Cross- train	5:00 warm-up 10x (1:30 run/1:00 walk); 5:00 cool-down walk Total = 35:00	Cross-train 30:00	5:00 warm-up 10x (1:30 run/1:00 walk); 5:00 cool-down walk Total = 35:00	REST	Cross-train 30:00
3	5:00 warm-up; 8x (2:00 run/1:00 walk); 5:00 cool-down walk Total = 34:00	REST or Cross- train	5:00 warm-up; 8x (2:00 run/1:00 walk); 5:00 cool-down walk Total = 34:00	Cross-train 35:00	5:00 warm-up; 8x (2:30 run/1:00 walk); 5:00 cool-down walk Total = 38:00	REST	Cross-train 35:00
4	5:00 warm-up; 7x (3:00 run/1:00 walk); 5:00 cool-down walk Total = 38:00	REST or Cross- train	5:00 warm-up; 7x (3:00 run/1:00 walk); 5:00 cool-down walk Total = 38:00	Cross-train 35:00	5:00 warm-up; 7x (3:30 run/1:00 walk); 5:00 cool-down walk Total = 41:30	REST	Cross-train 35:00
5	5:00 warm-up; 6x (4:00 run/1:00 walk); 5:00 cool-down walk Total = 40:00	REST or Cross- train	5:00 warm-up; 6x (4:00 run/1:00 walk); 5:00 cool-down walk Total = 40:00	Cross-train 35:00	5:00 warm-up; 6x (4:30 run/1:00 walk); 5:00 cool-down walk Total = 43:00	REST	Cross-train 35:00
6	5:00 warm-up; 5x (5:00 run/1:00 walk); 5:00 cool-down walk Total = 40:00	REST or Cross- train	5:00 warm-up; 5x (5:00 run/1:00 walk); 5:00 cool-down walk Total = 40:00	Cross-train 40:00	5:00 warm-up; 5x (5:30 run/1:00 walk); 5:00 cool-down walk Total = 42.30	REST	Cross-train 40:00
7	5:00 warm-up; 4x (6:00 run/1:00 walk); 5:00 cool-down walk Total = 38:00	REST or Cross- train	5:00 warm-up; 4x (6:00 run/1:00 walk); 5:00 cool-down walk Total = 38:00	Cross-train 40:00	5:00 warm-up; 4x (6:30 run/1:00 walk); 5:00 cool-down walk Total = 40:00	REST	Cross-train 40:00
8	5:00 warm-up; 3x (7:00 run/1:00 walk); 5:00 cool-down walk Total = 34:00	REST or Cross- train	5:00 warm-up; 3x (8:00 run/1:00 walk); 5:00 cool-down walk Total = 37:00	Cross-train 45:00	5:00 warm-up; 3x (9:00 run/1:00 walk); 5:00 cool-down walk Total = 40:00	REST	Cross-train 45:00
9	5:00 warm-up; 2x (10:00 run/1:00 walk); 5:00 cool-down walk Total = 32:00	REST or Cross- train	5:00 warm-up; 2x (12:00 run/1:00 walk); 5:00 cool-down walk Total = 36:00	Cross-train 45:00	5:00 warm-up; 2x (12:00 run/1:00 walk); 5:00 cool-down walk Total = 36:00	REST	Cross-train 30:00
10	5:00 warm-up; 2x (15:00 run/1:00 walk); 5:00 cool-down walk Total = 42:00	REST or Cross- train	5:00 warm-up; 20:00 run 5:00 cool-down walk Total = 30:00	Cross-train 30:00	5:00 warm-up; 22:00 run 5:00 cool-down walk Total = 32:00	REST	MAYOR'S CUP 5K

Cross-training: Any form of aerobic exercise – except for running. Examples include: Cycling, step aerobics, swimming, elliptical machine. These are scheduled before or after your key workouts for 30-60 minutes.