



10 weeks to a 5K...and even you can do it!

Keep in mind everyone's life outside of running is different, so if Wednesday is not a good day for you then make it Thursday and take your day-off on Wednesday. If Sunday is not a good day for a long run do it Saturday. You get the idea!

The important thing is getting all of the week's mileage completed, not necessarily doing it on the exact day it's assigned.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	10 minute walk	Rest	15 minute walk	Rest	20 minute walk	Rest	5 minute run 5 minute walk repeat
Week Two	8 minute run 8 minute walk	Rest	10 minute run 10 minute walk	Rest	10 minute run 10 minute walk	Rest	12 minute run 10 minute walk
Week Three	15 minute run 5 minute walk	Rest	10 minute run 10 minute walk	Rest	15 minute run 5 minute walk	Rest	10 minute run 5 minute walk 10 minute run
Week Four	15 minute run 5 minute walk	Rest	15 minute run 5 minute walk	Rest	15 minute run 5 minute walk	Rest	12 minute run 5 minute walk 12 minute run
Week Five	20 minute run	Rest	15 minute run 5 minute walk	Rest	15 minute run 5 minute walk 5 minute run	Rest	12 minute run 5 minute walk 12 minute run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Six	20 minute run 5 minute walk 5 minute run	Rest	20 minute run	Rest	20 minute run	Rest	15 minute run 5 minute walk 15 minute run
Week Seven	25 minute run	Rest	20 minute run	Rest	25 minute run	Rest	20 minute run 5 minute walk 10 minute run
Week Eight	25 minute run 5 minute walk 5 minute run	Rest	25 minute run	Rest	30 minute run	Rest	25 minute run 5 minute walk 10 minute run
Week Nine	30 minute run	Rest	30 minute run	Rest	30 minute run	Rest	30 minute run 5 minute walk 10 minute run
Week Ten	35 minute run	Rest	30 minute run	Rest	30 minute run	Rest	MO' Cowbell