



TEN WEEK BEGINNING TO RUN 5k TRAINING SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Week 1</i>	Run 2 Min, Walk 4 Min (Repeat 4 times)		Run 2 Min, Walk 4 Min (Repeat 4 times)		Run 2 Min, Walk 4 Min (Repeat 4 times)		Run 2 Min, Walk 4 Min (Repeat 4 times)
<i>Week 2</i>	Run 3 Min, Walk 3 Min (Repeat 4 times)		Run 3 Min, Walk 3 Min (Repeat 4 times)		Run 3 Min, Walk 3 Min (Repeat 4 times)		Run 3 Min, Walk 3 Min (Repeat 4 times)
<i>Week 3</i>	Run 5 Min, Walk 2 1/2 Min (Repeat 3 times)		Run 5 Min, Walk 2 1/2 Min (Repeat 3 times)		Run 5 Min, Walk 2 1/2 Min (Repeat 3 times)		Run 5 Min, Walk 2 1/2 Min (Repeat 3 times)
<i>Week 4</i>	Run 7 Min, Walk 3 Min (Repeat 2 times)		Run 7 Min, Walk 3 Min (Repeat 2 times)		Run 7 Min, Walk 3 Min (Repeat 2 times)		Run 7 Min, Walk 3 Min (Repeat 2 times)
<i>Week 5</i>	Run 8 Min, Walk 2 Min (Repeat 2 times)		Run 8 Min, Walk 2 Min (Repeat 2 times)		Run 8 Min, Walk 2 Min (Repeat 2 times)		Run 8 Min, Walk 2 Min (Repeat 2 times)
<i>Week 6</i>	Run 9 Min, Walk 2 Min, Repeat, Run 8 Min		Run 9 Min, Walk 2 Min, Repeat, Run 8 Min		Run 9 Min, Walk 2 Min, Repeat, Run 8 Min		Run 9 Min, Walk 2 Min, Repeat, Run 8 Min
<i>Week 7</i>	Run 9 Min, Walk 1 Min, Repeat twice		Run 9 Min, Walk 1 Min, Repeat twice		Run 9 Min, Walk 1 Min, Repeat twice		Run 9 Min, Walk 1 Min, Repeat twice
<i>Week 8</i>	Run 13 Min, Walk 2 Min, Repeat		Run 13 Min, Walk 2 Min, Repeat		Run 13 Min, Walk 2 Min, Repeat		Run 13 Min, Walk 2 Min, Repeat
<i>Week 9</i>	Run 14 Min, Walk 1 Min, Repeat		Run 14 Min, Walk 1 Min, Repeat		Run 14 Min, Walk 1 Min, Repeat		Run 14 Min, Walk 1 Min, Repeat
<i>Week 10</i>	Run 30 Min		Run 30 Min		Run 15 min		Goal Race

Adopted from Budd Coates New Runner Training Schedule

Runners beginning this program should have a minimum one month fitness base equivalent to walking 30 Min 4 times/week