



# 8 Week 5K Training Plan

Before starting any exercise program, it's important to get a full physical check-up from your doctor. All workouts should be performed at a comfortable, conversational pace. While optional, cross-training is strongly encouraged and can include activities like swimming, cycling, spinning, rowing, strength training, or walking. These sessions should last 30-45 minutes and be done at an easy to moderate intensity.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 5X)
<b>WEEK 2</b>	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST
<b>WEEK 3</b>	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	REST	Run 4 Minutes Walk 2 Minutes (Repeat 6X)
<b>WEEK 4</b>	REST	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	REST
<b>WEEK 5</b>	Run 5 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)
<b>WEEK 6</b>	REST	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	REST
<b>WEEK 7</b>	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)
<b>WEEK 8</b>	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	<b>EVENT DAY</b> (Have Fun!)	REST

For more great information on reaching your goals... [Run to TrackShack.com](http://Run to TrackShack.com)

[LadyTrackShack.com](http://LadyTrackShack.com)