



## BEGINNER 5K TRAINING PROGRAM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/24/2023	Run 1 mile	Rest	Walk 30 minutes	Run 1.5 miles	Rest	Walk 30 minutes	Run 1.5 miles
2 7/31/2023	Run 1.75 miles	Rest	Walk 35 minutes	Run 1.5 miles	Rest	Walk 35 minutes	Run 1.75 miles
3 8/7/2023	Run 2 miles	Rest	Walk 40 minutes	Run 1.75 miles	Rest	Walk 40 minutes	Run 2 miles
4 8/14/2023	Run 2.25 miles	Rest	Walk 45 minutes	Run 1.75 miles	Rest	Walk 45 minutes	Run 2.25 miles
5 8/21/2023	Run 2.5 miles	Rest	Walk 45 minutes	Run 2 miles	Rest	Walk 45 minutes	Run 2.5 miles
6 8/28/2023	Run 2.75 miles	Rest	Walk 50 minutes	Run 2 miles	Rest	Walk 50 minutes	Run 2.75 miles
7 9/4/2023	Run 3 miles	Rest	Walk 60 minutes	Run 2 miles	Rest	Walk 40 minutes	Run 4 miles
8 9/11/2023	Run 3 miles	Rest	Rest	Run/walk 2 miles	AFM 5k Race Day	Rest	Walk 30 minutes