



2017

5K Schedule for Runners and Walkers

Goal: Finish a 5K race

This schedule is for runners and walkers. If you are an experienced runner or walker, you can add walk or XT training days. Each week, you should run or walk two timed days and one long run day with a day in between. Note the days that you run/walk can be adjusted to fit your needs.

If you are interested in a fat burning option you can add three minutes to all timed run/walks and 10 minutes before and after each long run. The extra time should be run or walked at a slower pace.

Week of:	Monday *	Tuesday	Wednesday *	Thursday	Friday *	Saturday	Sunday
July 10	walk or XT	run/walk 10-15 min	walk or XT	run/walk 10-15 min	walk or XT	1 mile	off
July 17	walk or XT	run/walk 15-20 min	walk or XT	run/walk 15-20 min	walk or XT	1.5 mile	off
July 24	walk or XT	run/walk 20-25 min	walk or XT	run/walk 20-25 min	walk or XT	2 miles	off
July 31	walk or XT	run/walk 25-30 min	walk or XT	run/walk 25-30 min	walk or XT	2.5 miles	off
August 7	walk or XT	run/walk 30 min	walk or XT	run/walk 30 min	walk or XT	3 miles	off
August 14	walk or XT	run/walk 30 min	walk or XT	run/walk 30 min	walk or XT	3.5 miles	off
August 21	walk or XT	run/walk 30 min	walk or XT	run/walk 30 min	walk or XT	4 miles	off
August 28	walk or XT	run/walk 30 min	walk or XT	run/walk 30 min	walk or XT	2 miles	off
September 4	walk or XT	run/walk 30 min	walk or XT	KP Run/Walk			

* Optional walk (30 minutes or less) or XT - cross training: alternative exercise that does not use running muscles (swimming, indoor cycle, biking, Nordic Track, etc)

Questions: Call 404-843-8727