



12 WEEKS TO 5K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Walk 15 minutes	Cross training/strength	Rest	Walk 25 minutes	rest	Walk 25 minutes	walk 15 minutes
2	Warm up walk (WU): 10 minutes Run 30 seconds /walk 2 mintues x4 Cool Down walk (CD): 10 mintues	Cross training/strength	Rest	WU 10 minutes Run 30 seconds / walk 2 minutes x 6 CD 10 minutes	rest	WU 10 minutes Run 30 seconds / walk 2 minutes x 8 CD 10 minutes	walk 15 minutes
3	WU 10 minutes Run 1 min/ walk 2 minutes x 4 CD 10 minutes	Cross training/strength	Rest	WU 10 minutes Run 1 min/ walk 2 minutes x 6 CD 10 minutes	rest	WU 10 minutes Run 1 min / walk 2 minutes x 8 CD 10 minutes	walk 20 minutes
4	WU 10 minutes Run 2 minute /walk 90 seconds x4 CD 10 minutes	Cross training/strength	Rest	WU 10 minutes Run 2 minutes / walk 90 seconds x 6 CD 10 minutes	rest	WU walk 10 minutes Run 2 minutes / walk 90 seconds x8 CD walk 10 minutes	walk 25 minutes
5	WU 10 minutes Run 3 minutes / walk 90 seconds x 4 CD 10 minutes	Cross training/strength	Rest	WU 10 minutes Run 3 minutes / walk 90 seconds x 6 CD 10 minutes	rest	walk 10 minutes Run 3 minutes / walk 90 seconds x 8 walk 10 minutes	walk 25 minutes
6	WU 5 minutes Run 4 minutes / walk 90 seconds x 4 CD 10 minutes	Cross training/strength	Rest	WU 5 minutes Run 4 minutes / walk 1 minute x 6 CD 10 minutes	rest	WU 10 minutes Jog 6 minutes / Walk 1 minute x 4 CD 10 minutes	Walk 30 minutes
7	WU 5 minutes Run 5 minutes / Walk 1 minute x 4 CD 10 minutes	Cross training/strength	Rest	WU 5 minutes Run 6 minutes / walk 1 min x 5 CD 10 minutes	rest	WU 5 minutes Run 8 minutes / Walk 1 minute x 3 CD 10 minutes	Walk 30 minutes
8	WU 5 minutes Run 7 minutes / Walk 1 minute x 3 CD 10 minutes	Cross training/strength	Rest	WU 5 minutes Run 7 minutes / walk 1 minute x 4 CD 10 minutes	rest	WU 10 minutes Run 10 minutes /walk 1 minute x 3 CD 10 minutes	walk 35 mintues
9	WU 5 minutes Run 9 minutes / walk 1 minute x 2 CD 10 minutes	Cross training/strength	Rest	WU 5 minutes Run 9 minutes / walk 1 minute x 3 CD 10 minutes	rest	WU 10 minutes Run 15 minutes CD 10 minutes	walk 35 minutes
10	WU 5 minutes Run 11 minutes / walk 1 minute x2 CD 10 minutes	Cross training/strength	Rest	WU 5 minutes Run 11 minutes / walk 30 seconds x 2 CD 10 mintues	rest	WU 10 minutes Run 20 minutes CD 10 mintues	walk 35 minutes
11	WU 5 minutes Run 15 minutes / Walk 1 minute x 2 CD 10 mintues	Cross training/strength	Rest	WU 5 minutes Run 15 minutes /walk 30 seconds x 2 CD 10 minutes	rest	WU 10 minutes Run 25 minutes CD 10 minutes	walk 15 minutes
12	Rest	WU 5 minutes Run 15 minutes /walk 15 seconds x 2 CD 10 minutes	rest	rest	rest	Race Day!	