



WK	DAY	Mon	Tue	Wed	Thu	Fri	Sat	Sun
#	Monday	RUN	WALK	RUN	WALK	RUN	RUN	REST
1		20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	35 min run 2, walk 1	Rest
2		25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	40 min run 3, walk 1	Rest
3		30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	45 min run 4, walk 1	Rest
4		35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	30 min walk	35 min run 3, walk 1	50 min run 4, walk 1	Rest
5		40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	30 min walk	40 min run 4, walk 1	60 min run 5, walk 1	Rest
6		45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	30 min walk	Rest	5K Run run 3.1 miles	Rest
		EASY	EASY	STRENGTH	HARD	REST	LONG	X-TRAIN
7		3 Miles	2 Miles	Strength & Core	3 Miles	Rest	4 Miles	Cross Train
8		3 Miles	2 Miles	Strength & Core	3 Miles	Rest	5 Miles	Cross Train
9		3.5 Miles	2 Miles	Strength & Core	3.5 Miles	Rest	5 Miles	Cross Train
10		3.5 Miles	2 Miles	Strength & Core	3.5 Miles	Rest	6 Miles	Cross Train
11		4 Miles	2 Miles	Strength & Core	4 Miles	Rest	7 Miles	Cross Train
12		4 Miles	2 Miles	Strength & Core	4 Miles	Rest	6 Miles	Cross Train
13		4.5 Miles	3 Miles	Strength & Core	4.5 Miles	Rest	8 Miles	Cross Train
14		4.5 Miles	3 Miles	Strength & Core	4.5 Miles	Rest	9 Miles	Cross Train
15		5 Miles	3 Miles	Strength & Core	5 Miles	Rest	10 Miles	Cross Train
16		5 Miles	3 Miles	Strength & Core	3 Miles	Rest	9 Miles	Cross Train
17		5 Miles	3 Miles	Strength & Core	5 Miles	Rest	8 Miles	Cross Train
18		4 Miles	3 Miles	Strength & Core	2 Miles	Rest	Rest	1/2 Mar. Run run 13.1 Miles

5K Training

Half Marathon Training

5K & Half Marathon Training