



# FIRST-TIMER 5K TRAINING SCHEDULE



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	15	CROSS TRAIN	15	REST	CROSS TRAIN	20
2	REST	15	CROSS TRAIN	15	REST	CROSS TRAIN	25
3	REST	20	CROSS TRAIN	20	REST	CROSS TRAIN	30
4	REST	20	CROSS TRAIN	20	REST	CROSS TRAIN	30
5	REST	20	CROSS TRAIN	20	Run short and easy	CROSS TRAIN	35
6	REST	25	CROSS TRAIN	30	REST	CROSS TRAIN	40
7	REST	30	CROSS TRAIN	25	Run short and easy	CROSS TRAIN	45
8	REST	30	CROSS TRAIN	25	Run short and easy	CROSS TRAIN	30
9	REST	30	CROSS TRAIN	25	Run short and easy	CROSS TRAIN	45
10	REST	30	CROSS TRAIN	30	Run short and easy	CROSS TRAIN	50
11	REST	30	CROSS TRAIN	25	Run short and easy	CROSS TRAIN	20
12	REST	20	CROSS TRAIN	25	Run short and easy	REST	5K RACE DAY!

Congratulations on training for your first 5K race! This schedule is designed using time rather than mileage. Just put on your running shoes, take a watch, and go! This schedule will get you to the finish line! If you plan to walk your race, you should add 50% onto the suggested time. Happy training!