



5K run: 7-week training schedule for beginners

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------|---------------------|-----------------|---------------------|-----------------|--------|--------------------------------------------|--------------|
| <i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i> | | | | | | | |
| Week 1 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | Run/walk 3 miles (4.8 km) | Rest or walk |
| <i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i> | | | | | | | |
| Week 2 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | Run/walk 3.5 miles (5.6 km) | Rest or walk |
| <i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i> | | | | | | | |
| Week 3 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | Run/walk 2 miles (3.2 km) with Magic Mile* | Rest or walk |
| <i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i> | | | | | | | |
| Week 4 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | Run/walk 4 miles (6.4 km) | Rest or walk |
| <i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i> | | | | | | | |
| Week 5 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | Run/walk 2 miles (3.2 km) with Magic Mile* | Rest or walk |
| <i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i> | | | | | | | |
| Week 6 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | Run/walk 4.5 miles (7.2 km) | Rest or walk |
| <i>On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.</i> | | | | | | | |
| Week 7 | Run/walk 30 minutes | Walk 30 minutes | Run/walk 30 minutes | Walk 30 minutes | Rest | 5K race day | Rest or walk |

Source: Galloway, J. Galloway's 5K/10K Running. 2nd. ed. Aachen, Germany: Meyer & Meyer Sport; 2008:38. Used with permission.

*The Magic Mile is a training tool designed to help you find a realistic race pace. On the first Magic Mile, warm up as usual and then run or walk one mile (1.6 km) slightly faster than your normal pace. Time your one-mile run/walk with a stopwatch. Run or walk easily the rest of the distance assigned for the day. On each successive Magic Mile, warm up as usual and then try to beat your previous one-mile run/walk time. Your 5K race pace should be one to two minutes slower than your fastest Magic Mile time.