

5k in 6 Weeks Training Guide

Before starting any new exercise plan, check with your physician first

| Workout 1 | Workout 2 | Workout 3 |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 1 Walk More, Jog Less | | |
| Total Time: 20 Minutes | Total Time: 20 Minutes | Total Time: 20 Minutes |
| Walk 5 Min Easy Walk 5 Min Moderate Jog/Walk 60s/90s Hard/Mod For 10 Minutes | Walk 3 Min Easy Walk 2 Min Moderate Jog/Walk 60s/90s Hard/Mod For 15 Minutes | Walk 5 Min Easy Walk 5 Min Moderate Jog/Walk 60s/90s Hard/Mod For 10 Minutes |
| Week 2 Walk More, Jog Faster | | |
| Total Time: 20 Minutes | Total Time: 20 Minutes | Total Time: 20 Minutes |
| Walk 3 Min Easy Walk 2 Min Moderate Jog/Walk 60s/90s Hard/Mod For 15 Minutes | Walk 5 Min Easy Jog/Walk 60s/90s Hard/Mod For 10 Minutes Jog/Walk 30s/30s Hard/Mod For 15 Minutes | Walk 3 Min Easy Walk 2 Min Moderate Jog/Walk 60s/90s Hard/Mod For 15 Minutes |
| Week 3 Even it Out | | |
| Total Time: 25 Minutes | Total Time: 25 Minutes | Total Time: 25 Minutes |
| Walk 3 Min Moderate Jog/Walk 1min/1min Hard/Mod x4 Jog/Walk 2min/2min Hard/Mod x3 | Walk 5 Min Moderate Jog/Walk 3min/2min Hard/Mod x4 | Walk 3 Min Moderate Jog/Walk 1min/1min Hard/Mod x4 Jog/Walk 2min/2min Hard/Mod x3 |
| Week 4 Step it Up | | |
| Total Time: 25 Minutes | Total Time: 25 Minutes | Total Time: 25 Minutes |
| Walk 5 Min Moderate Jog 10 Min Mod>Hard Walk/Jog 3min/2min Mod/Hard x1 | Walk 5 Min Moderate Jog/Walk 4min/1min Hard/Mod x4 | Walk 5 Min Moderate Jog 10 Min Mod>Hard Walk/Jog 3min/2min Hard/Mod x1 |
| Week 5 Give it a Go! | | |
| Total Time: 30 Minutes | Total Time: 30 Minutes | Total Time: 30 Minutes |
| Walk 5 Min Moderate Jog 15 Min Mod>Hard Walk/Jog 3min/2min Mod/Hard x2 | Walk 5 Min Moderate Jog 25 Minutes Mod>Hard <i>Give yourself permission to walk for up to 30 sec</i> | Walk 5 Min Moderate Jog 15 Min Mod>Hard Walk/Jog 3min/2min Mod/Hard x2 |
| Week 6 Try it, Forget it, Do it! | | |
| Total Time: 35 Minutes | Total Time: 35 Minutes | Race Day |
| Walk 5 Min Moderate Jog 30 Minutes Mod>Hard <i>Give yourself permission to walk for up to 30 sec</i> | Walk 5 Min Moderate Jog/Walk 4min/1min Hard/Mod x5 Walk 5 Min Moderate | Give yourself time to walk to the start line, start slow & pay attention to your watch! Give yourself permission to walk up to 30 seconds at water stations. |