



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.