

Walking to Running 5K Training Plan

Walking to Running

This program is best for those that are already walking and are able to walk for 20:00-30:00 without stopping. Those that complete this program will be working toward finishing a 5K walk by jogging most of the event.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5:00 walking warm up 8 x (60 seconds jog 90 seconds walk)	Relax!	5:00 walking warm up 8 x (60 seconds jog 90 seconds walk)	Relax!	5:00 walking warm up 8 x (60 seconds jog 90 seconds walk)	Relax!	Relax!
2	5:00 walking warm up 6 x (90 seconds jog; 2:00 walk)	Relax!	5:00 walking warm up 6 x (90 seconds jog; 2:00 walk)	Relax!	5:00 walking warm up 6 x (90 seconds jog; 2:00 walk)	Relax!	Relax!
3	5:00 walking warm up 2 x (90 seconds jog; 90 seconds walk; 3:00 jog; 3:00 walk)	Relax!	5:00 walking warm up 2 x (90 seconds jog; 90 seconds walk; 3:00 jog; 3:00 walk)	Relax!	5:00 walking warm up 2 x (90 seconds jog; 90 seconds walk; 3:00 jog; 3:00 walk)	Relax!	Relax!
4	5:00 walking warm up 3:00 jog, 90 seconds walk, 5:00 jog, 2:30 walk, 3:00 jog, 90 seconds walk, 5:00 jog	Relax!	5:00 walking warm up 3:00 jog, 90 seconds walk, 5:00 jog, 2:30 walk, 3:00 jog, 90 seconds walk, 5:00 jog	Relax!	5:00 walking warm up 3:00 jog, 90 seconds walk, 5:00 jog, 2:30 walk, 3:00 jog, 90 seconds walk, 5:00 jog	Relax!	Relax!
5	5:00 walking warm up 5:00 jog, 3:00 walk, 5:00 jog, 3:00 walk, 5:00 jog	Relax!	5:00 walking warm up 8:00 jog, 5:00 walk, 8:00 jog	Relax!	5:00 walking warm up 20:00 jogging with no walking if possible	Relax!	Relax!
6	5:00 walking warm up 5:00 jog, 3:00 walk, 8:00 jog, 3:00 walk, 5:00 jog	Relax!	5:00 walking warm up, 10:00 jog, 3:00 walk, 10:00 jog	Relax!	5:00 walking warm up, 25:00 jogging with no walking if possible	Relax!	Relax!
7	5:00 walking warm up 25:00 jog	Relax!	5:00 walking warm up 25:00 jog	Relax!	5:00 walking warm up 25:00 jog	Relax!	Relax!
8	5:00 walking warm up 28:00 jog	Relax!	5:00 walking warm up 28:00 jog	Relax!	5:00 walking warm up 28:00 jog	Relax!	Relax!
9	5:00 walking warm up 30:00 jog	Relax!	5:00 walking warm up 30:00 jog	Relax!	5:00 walking warm up 28:00 jog	Relax!	Relax!
10	5:00 walking warm up 35:00 jog	Relax!	5:00 walking warm up 25:00 jog	Relax!	RACE DAY!	Relax!	Relax!