

5k Training Program (12 Week)

by BodyTithe.com

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	X-train	20 minutes (5 minute warm up walk & then 1:5 run/walk ratio)	X-train	20 minutes (5 minute warm up walk & then 1:5 run/walk ratio)	Rest	30 minutes (5 minute warm up walk & then 1:5 run/walk ratio)	Rest
2	X-train	25 minutes (5 min WU; 1:5 ratio)	X-train	25 minutes (5 min WU; 1:5 ratio)	Rest	35 minutes (5 min WU; 1:5 ratio)	Rest
3	X-train	30 minutes (5 min WU; 2:3 ratio)	X-train	30 minutes (5 min WU; 2:3 ratio)	Rest	40 minutes (5 min WU; 2:3 ratio)	Rest
4	X-train	20 minutes (5 min WU; 2:3 ratio)	X-train	20 minutes (5 min WU; 2:3 ratio)	Rest	30 minutes (5 min WU; 2:3 ratio)	Rest
5	X-train	25 minutes (5 min WU; 1:5 ratio)	X-train	25 minutes (5 min WU; 3:2 ratio)	Rest	40 minutes (5 min WU; 3:2 ratio)	Rest
6	X-train	30 minutes (5 min WU; 3:2 ratio)	X-train	30 minutes (5 min WU; 3:2 ratio)	Rest	45 minutes (5 min WU; 3:2 ratio)	Rest
7	X-train	35 minutes (5 min WU; 4:1 ratio)	X-train	35 minutes (5 min WU; 4:1 ratio)	Rest	50 minutes (5 min WU; 4:1 ratio)	Rest
8	X-train	20 minutes (5 min WU; 4:1 ratio)	X-train	20 minutes (5 min WU; 4:1 ratio)	Rest	30 minutes (5 min WU; 4:1 ratio)	Rest
9	X-train	30 minutes (5 min WU; 5:1 ratio)	X-train	30 minutes (5 min WU; 5:1 ratio)	Rest	60 minutes (5 min WU; 5:1 ratio)	Rest
10	X-train	35 minutes (5 min WU; 5:1 ratio)	X-train	35 minutes (5 min WU; 5:1 ratio)	Rest	55 minutes (5 min WU; 5:1 ratio)	Rest
11	X-train	30-40 minutes (5 min WU; 5:1 ratio)	X-train	30-40 minutes (5 min WU; 5:1 ratio)	Rest	45 minutes (5 min WU; 5:1 ratio)	Rest
12	X-train	20 minutes (5 min WU; 5:1 ratio)	X-train	20 minutes (5 min WU; 5:1 ratio)	Rest	5K Ready!! (3.1 miles)	Rest

X-train = Crosstraining activity which can should include activities that work different muscles than your running days (i.e. strength training, core training, swimming, yoga, etc.)

WU = Warm Up; this should include leisurely walking

1:5 ratio = Run for 1 minute, walk for 5 minutes, repeat this ratio until workout completed

2:3 ratio = Run for 2 minutes, walk for 3 minutes, repeat this ratio until workout completed

3:2 ratio = Run for 3 minutes, walk for 2 minutes, repeat this ratio until workout completed

4:1 ratio = Run for 4 minutes, walk for 1 minute, repeat this ratio until workout completed

5:1 ratio = Run for 5 minutes; walk for 1 minute; repeat this ratio until workout completed.