

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest or X-train	1.5 miles	Rest or X-train	1.5 miles	Rest	1.5 miles	Rest or 30 minute walk
2	Rest or X-train	1.75 miles	Rest or X-train	1.5 miles	Rest	1.75 miles	Rest or 35 minute walk
3	Rest or X-train	2 miles	Rest or X-train	1.5 miles	Rest	2 miles	Rest or 40 minute walk
4	Rest or X-train	2.25 miles	Rest or X-train	1.5 miles	Rest	2.25 miles	Rest or 45 minute walk
5	Rest or X-train	2.5 miles	Rest or X-train	2 miles	Rest	2.5 miles	Rest or 50 minute walk
6	Rest or X-train	2.75 miles	Rest or X-train	2 miles	Rest	2.75 miles	Rest or 55 minute walk
7	Rest or X-train	3 miles	Rest or X-train	2 miles	Rest	3 miles	Rest or 60 minute walk
8	Rest or X-train	3 miles	Rest or X-train	2 miles	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.

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