

5 Weeks to a 5K

Week	MON	TUES	WED	THUR	FRI	SAT	SUN	
Philadelphia Marathon	1	Rest	1 minute run, 2 minute walk, repeat Total= 21 minutes	CT	1 minute run, 2 minute walk, repeat Total= 21 minutes	Rest	CT	Run 1 minute, 2 minute walk Total=1.5 mile
	2	Rest	1 minute run, 1 minute walk, repeat Total= 24 minutes	CT	1 minute run, 1 minute walk, repeat Total= 24 minutes	Rest	CT	Include a 5 minute continuous run Total= 2 miles
	3	Rest	2 minute run, 1 minute walk, repeat Total= 30 minutes	CT	2 minute run, 1 minute walk, repeat Total= 30 minutes	Rest	CT	Include one 10 minute continuous run Total= 2.5 miles
	4	Rest	2 minute run, 1 minute walk, repeat Total= 30 minutes	CT	2 minute run, 1 minute walk, repeat Total= 30 minutes	Rest	CT	Include three 5 minute continuous runs Total= 2.5 miles
	5	Rest	5 minute walk, 10 x 1 minute run, 1 minute walk Total= 25 minutes	CT	20 minute walk	Rest	Race Weekend!	Rest

-Courtesy of Philadelphia Runner

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.