

	<b>Workout #1</b>	<b>Workout #2</b>	<b>Workout #3</b>
<b>Week 1</b>	10 minute walk warm-up 2 min run, 3 min walk x 4 5 min cool-down walk	10 min walk warm-up 5 min run, 5 minute walk x2 5 min cool-down walk	5 min walk warm-up 10 min continuous easy run 15 min walk
<b>Week 2</b>	10 minute walk warm-up 2 min run, 3 min walk x 4 5 min cool-down walk	10 min walk warm-up 5 min run, 5 minute walk x2 5 min cool-down walk	5 min walk warm-up 15 min continuous easy run 10 min walk
<b>Week 3</b>	10 minute walk warm-up 3 min run, 2 min walk x 4 5 min cool-down walk	10 min walk warm-up 6 min run, 4 minute walk x2 5 min cool-down walk	5 min walk warm-up 18 min continuous easy run 10 min walk
<b>Week 4</b>	10 minute walk warm-up 3 min run, 2 min walk x 4 5 min cool-down walk	10 min walk warm-up 6 min run, 4 minute walk x2 5 min cool-down walk	5 min walk warm-up 20 min continuous easy run 10 min walk
<b>Week 5</b>	10 minute walk warm-up 4 min run, 1 min walk x 4 5 min cool-down walk	10 min walk warm-up 7 min run, 3 minute walk x2 5 min cool-down walk	5 min walk warm-up 25 min continuous easy run 10 min walk
<b>Week 6</b>	10 minute walk warm-up 4 min run, 1 min walk x 4 5 min cool-down walk	10 min walk warm-up 7 min run, 3 minute walk x2 5 min cool-down walk	5 min walk warm-up 30 min continuous run 5 min walk cool-down
<b>Week 7</b>	10 minute walk warm-up 4 min run, 1 min walk x 4 5 min cool-down walk	10 min walk warm-up 8 min run, 2 minute walk x2 5 min cool-down walk	5 min walk warm-up 35 min continuous run 5 min walk cool-down
<b>Week 8</b> <b>*RACE WEEK*</b>	10 minute walk warm-up 10 minute or 1 mile run 5 min cool-down walk	10 minute walk warm-up 10 minute or 1 mile run 5 min cool-down walk	Run YOUR 5K!!

- Workout #1 each week can be the “fastest” pace of running because it is the shortest amount of time. As you get stronger, that running pace may become more comfortable so don’t be afraid to increase the speed as the weeks go one!
- Workout #3 each week is just slow and steady. A comfortable pace that can be maintained for the allotted time is fine.