

RunTheMoney 5K Training Plan

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	20 min walk	10 min run	20 min walk	12 min run	Rest	1/2 mile run
2	Rest	20 min walk	14 min run	20 min walk	16 min run	Rest	1 mile run
3	Rest	20 min walk	18 min run	20 min walk	20 min run	Rest	1.5 mile run
4	Rest	25 min walk	22 min run	25 min walk	24 min run	Rest	2 mile run
5	Rest	25 min walk	26 min run	25 min walk	28 min run	Rest	2.5 mile run
6	Rest	30 min walk	30 min run	30 min walk	30 min run	Rest	3 mile run
7	Rest	30 min walk	30 min run	30 min walk	30 min run	Rest	3 mile run
8	Rest	30 min walk	25 min run	30 min walk	20 min run	Rest	5K race day
Source: RunTheMoney.com							