



5K and 10K Training Schedule

**This training program is based off of three training runs a week*

	6-Week 5K Training Schedule	6-Week 10K Training Schedule
Week 1	Run 5 Minutes + Walk 1 Minute *Repeat 3 Times	2 Miles
	Run 6 Minutes + Walk 1 Minute *Repeat 3 Times	2 Miles
	Run 7 Minutes + Walk 1 Minute *Repeat 3 Times	3 Miles
Week 2	Run 7 Minutes + Walk 1 Minute *Repeat 3 Times	2.5 Miles
	Run 8 Minutes + Walk 1 Minute *Repeat 3 Times	2.5 Miles
	Run 9 Minutes + Walk 1 Minute *Repeat 3 Times	3.5 Miles
Week 3	Run 10 Minutes + Walk 1 Minute *Repeat 2 Times	3 Miles
	Run 12 Minutes + Walk 1 Minute *Repeat 2 Times	3 Miles
	Run 13 Minutes + Walk 1 Minute *Repeat 2 Times	4 Miles
Week 4	Run 15 Minutes + Walk 1 Minute *Repeat 2 Times	3 Miles
	Run 17 Minutes + Walk 1 Minute + Run 7 Minutes	3 Miles
	Run 19 Minutes + Walk 1 Minute + Run 7 Minutes	5 Miles
Week 5	Run 20 Minutes + Walk 1 Minute + Run 6 Minutes	3 Miles
	Run 24 Minutes	3 Miles
	Run 26 Minutes	5.5 Miles
Week 6	Run 28 Minutes	2 Miles
	Run 30 Minutes	2 Miles
Event Day	EVENT DAY	
	3.1 Miles	6.2 Miles

This 6-week to 10K training plan is based off of someone who is comfortable running 2 miles.

**Use walking breaks when needed.*