



## 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
<b>Week 1</b>	Run 5 Minutes + Walk 1 Minute <b>*Repeat 3 Times</b>	2 Miles
	Run 6 Minutes + Walk 1 Minute <b>*Repeat 3 Times</b>	2 Miles
	Run 7 Minutes + Walk 1 Minute <b>*Repeat 3 Times</b>	3 Miles
<b>Week 2</b>	Run 7 Minutes + Walk 1 Minute <b>*Repeat 3 Times</b>	2.5 Miles
	Run 8 Minutes + Walk 1 Minute <b>*Repeat 3 Times</b>	2.5 Miles
	Run 9 Minutes + Walk 1 Minute <b>*Repeat 3 Times</b>	3.5 Miles
<b>Week 3</b>	Run 10 Minutes + Walk 1 Minute <b>*Repeat 2 Times</b>	3 Miles
	Run 12 Minutes + Walk 1 Minute <b>*Repeat 2 Times</b>	3 Miles
	Run 13 Minutes + Walk 1 Minute <b>*Repeat 2 Times</b>	4 Miles
<b>Week 4</b>	Run 15 Minutes + Walk 1 Minute <b>*Repeat 2 Times</b>	3 Miles
	Run 17 Minutes + Walk 1 Minute + Run 7 Minutes	3 Miles
	Run 19 Minutes + Walk 1 Minute + Run 7 Minutes	5 Miles
<b>Week 5</b>	Run 20 Minutes + Walk 1 Minute + Run 6 Minutes	3 Miles
	Run 24 Minutes	3 Miles
	Run 26 Minutes	5.5 Miles
<b>Week 6</b>	Run 28 Minutes	2 Miles
	Run 30 Minutes	2 Miles
Event Day	<b>EVENT DAY</b> 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.*