

2017 BEGINNER 5K TRAINING

6/6	Walk 2 laps; 4 x 100 run/100 walk; 2 x 200 run/200 walk; walk 2 laps	2 miles
6/7	Walk 10 min; 6 x 1 min run/2 min walk; walk 5 min	33 minutes
6/8	Walk 10 min; 6 x 1 min run/2 min walk; walk 5 min	33 minutes
6/9	Rest	
6/10	Walk 10 min; 5 x 1:30 min run/3 min walk; walk 5 min	37:30 minutes
6/11	Rest	
6/12	Walk 10 min; 5 x 1:30 min run/3 min walk; walk 5 min	37:30 minutes
6/13	Walk 2 laps; 4 x 100 run/100 walk; 2 x 200 run/200 walk; 1 x 400 run; walk 2 laps	2.25 miles
6/14	Walk 10 min; 5 x 2 min run/3 min walk; walk 5 min	40 minutes
6/15	Walk 10 min; 5 x 2 min run/3 min walk; walk 5 min	40 minutes
6/16	Rest	
6/17	Walk 10 min; 5 x 2:30 min run/2:30 walk; walk 5 min	40 minutes
6/18	Rest	
6/19	Walk 10 min; 5 x 2:30 min run/2:30 walk; walk 5 min	40 minutes
6/20	Walk 2 laps; 4 x 400 run/400 walk; walk 2 laps	3 miles
6/21	Walk 10 min; 5 x 3 min run/3 min walk; walk 5 min	45 minutes
6/22	Walk 10 min; 5 x 3 min run/3 min walk; walk 5 min	45 minutes
6/23	Rest	
6/24	Walk 10 min; 4 x 4 min run/4 min walk; walk 5 min	47 minutes
6/25	Rest	
6/26	Walk 10 min; 3 x 5 min run/5 min walk; walk 5 min	47 minutes
6/27	Walk 2 laps; 4 x 600 run/400 walk; walk 2 lap	3.5 miles
6/28	Walk 10 min; 4 x 4 min run/4 min walk; walk 5 min	47 minutes
6/29	Walk 10 min; 3 x 6 min run/5 min walk; walk 5 min	48 minutes
6/30	Rest	
7/1	Walk 10 min; 3 x 8 min run/5 min walk; walk 5 min	54 minutes
7/2	Rest	
7/3	Walk 10 min; 2 x 10 min run/5 min walk; walk 5 min	45 minutes
7/4	Walk 2 laps; 3 x 600 run/400 walk; walk 2 laps	3.25 miles
7/5	Walk 10 min; 3 x 6 min run/3 min walk; walk 5 min	42 minutes
7/6	Walk 10 min; 2 x 10 min run/5 min walk; walk 5 min	45 minutes
7/7	Rest	

2017 BEGINNER 5K TRAINING

7/8	Walk 10 min; 2 x 12 min run/5 min walk; walk 5 min	49 minutes
7/9	Rest	
7/10	Walk 5 min; 2 x 13 min run/10 min walk; walk 5 min	56 minutes
7/11	Walk 2 laps; 8 x 200 run/200 walk; walk 2 laps	3 miles
7/12	Walk 10 min; 2 x 10 min run/ 5 min walk; walk 5 min	45 minutes
7/13	Walk 10 min; 2 x 13 min run/10 min walk; walk 5 min	56 minutes
7/14	Rest	
7/15	Walk 10 min; 2 x 15 min run/10 min walk	60 minutes
7/16	Rest	
7/17	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	49 minutes
7/18	Walk 2 laps; 6 x 400 run/400 walk; walk 2 laps	4 miles
7/19	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	49 minutes
7/20	Walk 10 min; 2 x 15 min run/10 min walk	60 minutes
7/21	Rest	
7/22	Walk 10 minutes; run 20 minutes; walk 10 minutes	40 minutes
7/23	Rest	
7/24	Walk 10 minutes; run 20 minutes; walk 10 minutes	40 minutes
7/25	Walk 2 laps; 4 x 200 run/200 walk; 2 x 300 run/200 walk; 1 x 400 run; walk 2 laps	3.5 miles
7/26	Walk 10 minutes; run 20 minutes; walk 10 minutes	40 minutes
7/27	Walk 10 minutes; run 20 minutes; walk 10 minutes	40 minutes
7/28	Rest	
7/29	Walk 10 minutes; run 25 minutes; walk 10 minutes;	45 minutes
7/30	Rest	
7/31	Walk 10 minutes; run 20 minutes; walk 10 minutes	40 minutes
8/1	Trek the Trace---More Information Later	3-4 miles
8/2	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	49 minutes
8/3	Walk 10 min; 2 x 15 min run/10 min walk	60 minutes
8/4	Rest	
8/5	Walk 10 minutes; run 26 minutes; walk 10 minutes;	46 minutes
8/6	Rest	
8/7	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	49 minutes
8/8	Trek the Trace---More Information Later	3-4 miles

2017 BEGINNER 5K TRAINING

8/9	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	49 minutes
8/10	Walk 10 min; 6 x 3 min run/2 min walk; 10 min walk	50 minutes
8/11	Rest	50 minutes
8/12	Walk 10 minutes; run 30 minutes; walk 10 minutes	
8/13	Rest	49 minutes
8/14	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	3-4 miles
8/15	Trek the Trace---More Information Later	49 minutes
8/16	Walk 10 min; 2 x 12 min run/ 5 min walk; walk 5 min	50 minutes
8/17	Walk 10 min; 6 x 3 min run/2 min walk; 10 min walk	
8/18	Rest	52 minutes
8/19	Walk 10 minutes; run 32 minutes; walk 10 minutes or Oak Grove 5K (if they have it)	
8/20	Rest	50 minutes
8/21	Walk 5 min; 3 x 10 min run/5 min walk	3-4 miles
8/22	Trek the Trace---More Information Later	
8/23	Rest	35 minutes
8/24	Walk 10 min; 15 min run; walk 10 min	
8/25	Rest	
8/26	Dog Days 5K	