



Clinic to 5K Beginner Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1 mi	Cross train or 10 min walk	1.0 mi	Rest or Speed work	1.25 mi	1.0 mi or 20 min walk
2	Rest	1.25 mi	Cross train or 15 min walk	1.25 mi	Rest or Speed work	1.5 mi	1.25 mi or 25 min walk
3	Rest	1.5 mi	Cross train or 20 min walk	1.5 mi	Rest or Speed work	1.75 mi	1.5 m or 30 min walk
4	Rest	1.75 mi	Cross train or 25 min walk	1.75 mi	Rest or Speed work	2.0 mi	1.75 mi or 35 min walk
5	Rest	2 mi	Cross train or 30 min walk	2 mi	Rest or Speed work	2.5 mi	2.0 mi or 40 min walk
6	Rest	2.5 mi	Cross train or 35 min walk	2.5 mi	Rest or Speed work	2.75 mi	2.5 mi or 45 min walk
7	Rest	2.75mi	Cross train or 40 min walk	2.75mi	Rest or Speed work	3 mi	2.75 mi or 50 min walk
8	Rest	2.75 mi	Cross train or 45 min walk	2.75mi	Rest or Speed work	3 mi	2.5 mi or 60 min walk
9	Rest	2.5 mi	Cross train or 50 min walk	2.75mi	Rest	3 mi	Rest
10	2.5 mi	2.0 mi	Rest	1.5 mi	10 min run	Race Day!	30 min walk

*Goal is to run as much as possible during each distance.

Try walking for 5min then running for 2 min and repeat

** Speed work: run as fast as possible for 0.25 mile then walk for 0.25 mile. Do this 3-4 times on speed work days and increase the number of rounds each week.



Join our race participant community on FB and follow @reliefrover and @itsdrjuli for training tips!