



BEGINNER'S 5K TRAINING PLAN



www.racetobeatcancer5K.com

SATURDAY, SEPTEMBER 17, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk Walk, 30 mins.	Walk, 10 mins. Jog, 5 mins. Walk, 5 mins. REPEAT	Walk, 10 mins. Jog, 5 mins. Walk, 5 mins. REPEAT	Brisk Walk, 30 mins.	Walk, 10 mins. Jog, 5 mins. Walk, 5 mins. REPEAT	Walk, 10 mins. Jog, 5-7 mins. Walk, 5 mins. REPEAT	Walk, 10 mins. Jog, 7-8 mins. Walk, 5 mins. REPEAT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk Walk, 30 mins.	Walk, 10 mins. Jog, 5 mins. Walk, 5 mins. REPEAT	Walk, 10 mins. Jog, 5 mins. Walk, 5 mins. Jog, 5-7 mins.	Brisk Walk, 30 mins.	Walk, 10 mins. Jog, 10 mins. Walk, 5 mins. Jog, 7-10 mins.	Walk, 10 mins. Jog, 5-7 mins. Walk, 5 mins. Jog, 7-10 mins.	Walk, 10 mins. Jog, 15 mins. Walk, 10 mins.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk Walk, 30-45 mins.	Walk, 10 mins. Jog, 10 mins. Walk, 5 mins. Jog, 10 mins.	Walk, 10 mins. Jog, 12-15 mins. Walk, 5 mins. REPEAT	Brisk Walk, 40 mins.	Walk, 10 mins. Jog, 15 mins. Walk, 10 mins. Jog, 10 mins.	Walk, 10 mins. Jog, 10 mins. Walk, 5 mins. REPEAT 3X	Walk, 10 mins. Jog, 20 mins.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk Walk, 40 mins.	Jog, 15 mins. Walk, 5 mins. REPEAT	Jog, 10 mins. Walk, 5 mins. REPEAT	Brisk Walk, 45 mins.	Walk, 10 mins. Jog, 20 mins. Walk, 5 mins. Jog, 10 mins.	Walk, 10 mins. Jog, 25 mins.	Walk, 10 mins. Jog, 15 mins. Walk, 5 mins. REPEAT 3X

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk Walk, 30 mins.	Walk, 10 mins. Jog, 10 mins. Walk, 5 mins. REPEAT 3X	Walk, 10 mins. Jog, 25 mins.	Brisk Walk, 30 mins.	Walk, 10 mins. Jog, 15 mins.	Event	Rest



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#BEATCANCER

