



## 8 week Beginner Training Plan for a 5K

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	off	1 min run/ 1.5 min walk, for 20 mins	Rest or Cross Train	1 min run/ 1.5 min walk for 20 mins	Rest or Cross Train	1 min run/ 1.5 min walk, for 20 mins	Rest or Cross Train
<b>Week 2</b>	off	1.5 min run/ 2 min walk, for 20 mins	Rest or Cross Train	1.5 min run/ 2 min walk, for 20 mins	Rest or Cross Train	1.5 min run/ 2 min walk, for 20 mins	Rest or Cross Train
<b>Week 3</b>	off	2 min run/ 2 min walk, for 20 mins	Rest or Cross Train	2.5 min run/ 2.5 min walk, for 20 mins	Rest or Cross Train	2.5 min run/ 2.5 min walk, for 20 mins	Rest or Cross Train
<b>Week 4</b>	off	3 min run/ 2 min walk, for 20 mins	Rest or Cross Train	3 min run/ 2 min walk, for 20 mins	Rest or Cross Train	4 min run/ 2.5 min walk, for 20 mins	Rest or Cross Train
<b>Week 5</b>	off	5 min run/ 3 min walk (x3)	Rest or Cross Train	8 min run/ 5 min walk/ 8 min run	Rest or Cross Train	20 Min Run	Rest or Cross Train
<b>Week 6</b>	off	6 min run/ 3 min walk (x3)	Rest or Cross Train	10 min run/ 3 min walk/ 10 min run	Rest or Cross Train	25 Min Run	Rest or Cross Train
<b>Week 7</b>	off	25 Min Run	Rest or Cross Train	25 Min Run	Rest or Cross Train	25 Min Run	Rest or Cross Train
<b>Week 8</b>	off	30 Min Run	Rest or Cross Train	30 Min Run	off	<b>RACE DAY!</b>	off

- Make sure you stretch and take a rest day. Both are very important to training and preventing injuries.
- Warm-up with a brisk 5 minute walk to start every workout.
- Focus on breathing and being able to keep running. You'll receive a medal when you cross the finish line no matter how fast you run!

Register and find more race info on our website, [memphisinmay.org/garr](http://memphisinmay.org/garr)