

MARATHON HANDBOOK

3 WEEK 5K TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Rest or Cross Training	Run/Walk	Rest Day	Run/Walk	Run/Walk	Rest Day	Run/Walk
		20 min	Warm up: 5 min brisk walk 10 x 90 sec run / 1 min walk Cool down: 5 min walk		Warm up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool down: 5 min walk	Warm up: 5 min brisk walk 8 x 3 min run / 1 min walk Cool down: 5 min walk		Run 2 miles taking walking breaks as
2		Rest or Cross Training	Run/Walk	Rest Day	Run/Walk	Run/Walk	Rest Day	Run/Walk
		20-30 min	Warm up: 5 min brisk walk 4 x 5 min run / 2 min walk Cool down: 5 min walk		Warm up: 5 min brisk walk 3 x 6 min run / 2 min walk Cool down: 5 min walk	Warm up: 5 min brisk walk 2 x 8 min run / 4 min walk Cool down: 5 min walk		Run 3 miles taking walking breaks as needed
3		Rest or Cross Training	Run/Walk	Rest Day	Run/Walk	Run/Walk	Rest Day	Race
		20-30 min	Warm up: 5 min brisk walk 2 x 10 min run / 4 min walk Cool down: 5 min walk		Warm up: 5 min brisk walk 3 x 8 min run / 1 min walk Cool down: 5 min walk	Warm up: 5 min brisk walk 5 x 4 min run / 30 sec walk Cool down: 5 min walk		5k Race!