

COVID TO 5K TRAINING PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			Walk/Jog 5K	_	Walk/Jog 5K		Walk/Jog 5K
			4 ½ Minute Walk		4 ½ Minute Walk		4 ½ Minute Walk
			30 Second Jog		30 Second Jog		30 Second Jog
Week 2			Walk/Jog 5K		Walk/Jog 5K		Walk/Jog 5K
			4 Minute Walk		4 Minute Walk		4 ½ Minute Walk
			45 Second Jog		45 Second Jog		45 Second Jog
Week 3			Walk/Jog 5K		Walk/Jog 5K		Walk/Jog 5K
			4 Minute Walk		4 Minute Walk		4 Minute Walk
			1 Minute Jog		1 Minute Jog		1 Minute Jog
Week 4			Walk/Jog 5K		Walk/Jog 5K		Walk/Jog 5K
			3 Minute Walk		3 Minute Walk		3 Minute Walk
			1 Minute Jog		1 Minute Jog		1 Minute Jog
Week 5			Walk/Jog 5K		Walk/Jog 5K		Walk/Jog 5K
			3 Minute Walk		3 Minute Walk		3 Minute Walk
			1 ½ Minute Jog		1 1/2 Minute Jog		1 ½ Minute Jog
Week 6			Walk/Jog 5K		Walk/Jog 5K		Walk/Jog 5K
			2 Minute Walk		2 Minute Walk		2 Minute Walk
			2 Minute Jog		2 Minute Jog		2 Minute Jog
Week 7			Walk/Jog 5K		Walk/Jog 5K		Walk/Jog 5K
			2 Minute Walk		2 Minute Walk		2 Minute Walk
			2 ½ Minute Jog		2 1/2 Minute Jog		2 ½ Minute Jog
Week 8			Walk/Jog 5K		Rest day		Race Day
			2 Minute Walk				
			3 Minute Jog				