



# COVID TO 5K TRAINING PROGRAM

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

