

5K Training Schedule - Walking & Running - Beginner

Week #	Start Week (Sat Date)	Description	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Wk - Total Training Time	My comments on my training for the week are
1	6-Apr-19	Total Train. Time	23 mins	All ages Bible classes at 9:45 am Church at 11:00 am	23 mins	OFF	23 mins	OFF	OFF	69 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 1 min, walk 1 min for 10 sets		Run 1 min, walk 1 min for 10 sets		Run 1 min, walk 1 min for 10 sets				
		At End	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		Total Time I did									
2	13-Apr-19	Total Train. Time	23 mins	All ages Bible classes at 9:45 am Church at 11:00 am	23 mins	OFF	23 mins	OFF Maundy Thurs Service 7 pm	OFF Good Friday Service 1 pm	69 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 1 min, walk 1 min for 10 sets		Run 1 min, walk 1 min for 10 sets		Run 1 min, walk 1 min for 10 sets				
		At End	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		Total Time I did									
3	20-Apr-19	Total Train. Time	23 mins	Easter Sunday Breakfast then Church at 11:00 am	23 mins	OFF	23 mins	OFF	OFF	69 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 2 mins, walk 1 min for 6 sets		Run 2 mins, walk 1 min for 6 sets		Run 2 mins, walk 1 min for 6 sets				
		At End	Run 2 mins, walk 2 min		Run 2 mins, walk 2 min		Run 2 mins, walk 2 min				
		Total Time I did									
4	27-Apr-19	Total Train. Time	24 mins	All ages Bible classes at 9:45 am Church at 11:00 am	24 mins	OFF	24 mins	OFF	OFF	72 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 3 mins, walk 1 min for 5 sets		Run 3 mins, walk 1 min for 5 sets		Run 3 mins, walk 1 min for 5 sets				
		At End	Run 2 mins, walk 1 mins		Run 2 mins, walk 1 mins		Run 2 mins, walk 1 mins				
		Total Time I did									
5	4-May-19	Total Train. Time	26 mins	All ages Bible classes at 9:45 am Church at 11:00 am	26 mins	OFF	26 mins	OFF	OFF	78 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 4 mins, walk 1 min for 4 sets		Run 4 mins, walk 1 min for 4 sets		Run 4 mins, walk 1 min for 4 sets				
		At End	Run 3 mins, walk 2 min		Run 3 mins, walk 2 min		Run 3 mins, walk 2 min				
		Total Time I did									
6	11-May-19	Total Train. Time	29 mins	All ages Bible classes at 9:45 am Church at 11:00 am	29 mins	OFF	29 mins	OFF	OFF	87 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		During	Run 5 mins, walk 1 min for 4 sets		Run 5 mins, walk 1 min for 4 sets		Run 5 mins, walk 1 min for 4 sets				
		At End	Run 2 mins, walk 2 mins		Run 2 mins, walk 2 mins		Run 2 mins, walk 2 mins				
		Total Time I did									
7	18-May-19	Total Train. Time	32 mins	All ages Bible classes at 9:45 am Church at 11:00 am	32 mins	OFF	32 mins	OFF	OFF	96 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 6 mins, walk 1 min for 4 sets		Run 6 mins, walk 1 min for 4 sets		Run 6 mins, walk 1 min for 4 sets				
		At End	Run 1 mins, walk 2 mins		Run 1 mins, walk 2 mins		Run 1 mins, walk 2 mins				
		Total Time I did									
8	25-May-19	Total Train. Time	34 mins	All ages Bible classes at 9:45 am Church at 11:00 am	34 mins	OFF	34 mins	OFF	OFF	102 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 8 mins, walk 1 min for 3 sets		Run 8 mins, walk 1 min for 3 sets		Run 8 mins, walk 1 min for 3 sets				
		At End	Run 4 mins, walk 2 mins		Run 4 mins, walk 2 mins		Run 4 mins, walk 2 mins				
		Total Time I did									
9	1-Jun-19	Total Train. Time	36 mins	All ages Bible classes at 9:45 am Church at 11:00 am	36 mins	OFF	36 mins	OFF	OFF	108 mins	
		At Start	Walk 1 min		Walk 1 min		Walk 1 min				
		Middle	Run 10 mins, walk 1 min for 3 sets		Run 10 mins, walk 1 min for 3 sets		Run 10 mins, walk 1 min for 3 sets				
		At End	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		Total Time I did									
10	8-Jun-19	Total Event Time	As long as it take to complete	All ages Bible classes at 9:45 am Church at 11:00 am		OFF		OFF	OFF		
		At Event Start	Walk 1 min								
		During the Event	Run 10 mins, walk 1 min for as many sets needed to compete								
		At Event End	Easy walk 4 mins followed by BBQ								
		Total Time I did									

NB: At this time do not worry about the run pace or distance, as the goal is to increase the interval of time you spend running

Do some of your training on a route that has some hills or inclines since there are inclines in the Walk/Run event

Drink at least 8 cups of water a day. If the day is hot when you go for your walk/run take water with you and take at last 2 mouth fulls during some of the 1 min walks

Stretch your walking/running muscles after walking/running

Place this schedule somewhere you will see it several times a day. At the end of each walk/run and end of each week note the total time you walked/ran and the good and not so good parts of your walk/run training so far