



FIND YOUR KIND 5K BEGINNER TRAINING PLAN!

Thank you to Sparklight for sponsoring this plan helping inspire our 5K participants!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 1 minute run w/ 1 minute walk.	Rest.	10 x 1 minute run w/ 1 minute walk.	Rest.	Rest.	6 x 1:30 run w/ 1 minute walk.	Rest.
2	12 x 1 minute run w/ 1 minute walk.	Rest.	8 x 1:30 run w/ 1 minute walk.	Rest.	Rest.	6 x 2 minute run w/ 1 minute walk + 4 x 1 minute run w/ 1 minute walk.	Rest.
3	4 x 2 minute run w/ 1 minute walk + 4 x 1 minute run w/ 1 minute walk.	Rest.	8 x 2 minute run w/ 1 minute walk.	Rest.	Rest.	2 x 3 minute run w/ 1 minute walk + 4 x 2 minute run w/ 1 minute walk + 4 x 1 minute run w/ 1 minute walk.	Rest.
4	12 x 1 minute jog w/ 30 second walk.	Rest.	8 x 2 minute run w/ 30 second walk.	Rest.	Rest.	2 x 4 minute run w/ 1 minute walk + 4 x 3 minute run w/ 30 second walk.	Rest.
5	4 x 4 minute run w/ 1 minute walk.	Rest.	5 minute run + 3 x 3 minute run w/ 30 second walk + 2 x 2 minute run w/ 30 second walk.	Rest.	Rest.	3 x 5 minute run w/ 1 minute walk + 5 x 1 minute run w/ 30 second walk.	Rest.
6	8 minute run w/ 1 minute walk + 2 x 5 minute run w/ 30 second walk + 2 x 4 minute run w/ 30 second walk.	Rest.	2 x 8 minute run w/ 1 minute walk.	Rest.	Rest.	2 x 10 minute run w/ 1 minute walk + 4 x 1 minute run w/ 15 second walk.	Rest.
7	10 minute run w/ 1 minute walk + 5 minute run w/ 1 minute walk.	Rest.	15 minute run w/ 1 minute walk + 10 minute run w/ 1 minute walk + 8 minute run w/ 1 minute walk.	Rest.	Rest.	2 x 15 minute run w/ 1 minute walk.	Rest.
8	10 minute run + 6 minute run + 4 minute run + 2 minute run (all with 30 second walk recovery)	Rest.	4 x 6 minute run w/ 1 minute walk.	Rest.	Rest.	Race Day! 	

