



BEGINNER, 5 WEEK 5K TRAINING PLAN

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Rest	5:00 walk warm-up. 1:00 jog, 2:00 walk. Repeat 7x/ until reach 21 min	CT	5:00 walk warm-up. 1:00 jog, 2:00 walk. Repeat 7x/ until reach 21 min	Rest	CT	Complete 1.5 miles however you'd like.
2	Rest	6:00 walk warm-up. 1:00 jog, 1:00 walk. Repeat 12x/ until reach 24 min	CT	6:00 walk warm-up. 1:00 jog, 1:00 walk. Repeat 12x/ until reach 24 min	Rest	CT	Complete 2.0 miles however you'd like.
3	Rest	7:00 walk warm-up. 1:30 jog, 1:00 walk. Repeat 12x/ until reach 30 min	CT	7:00 walk warm-up. 1:30 jog, 1:00 walk. Repeat 12x/ until reach 30 min	Rest	CT	Complete 2.5 miles however you'd like.
4	Rest	8:00 walk warm-up. 2:00 jog, 1:00 walk. Repeat 10x/ until reach 30 min	CT	8:00 walk warm-up. 2:00 jog, 1:00 walk. Repeat 10x/ until reach 30 min	Rest	CT	Complete 2.5 miles however you'd like.
5	Rest	5:00 walk warm-up. 1:00 jog, 1:00 walk. Repeat 10x/ until reach 20 min	CT	5:00 walk warm-up. 1:00 jog, 1:00 walk. Repeat 10x/ until reach 20 min	Rest	CT	Rest

Cross Training (CT): Any type of exercise not running. For example, swimming, biking, Yoga, Dance, strength training, etc. For inspiration/ guidance, feel free to check out Y360 On-Demand class content or set-up a meeting with a trainer at the Y using this [inquiry form](#).

MONDAY, NOVEMBER 23 = [TREADMILL 5K TURKEY TROT](#) at the MetroWest YMCA in Framingham.