

CHS LiveWELL 5K Training Running Plan!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	24 minutes Run 7 min/ Walk 1 min Repeat 3x	Cross-train*, 30-40 minutes [Optional]	24 minutes Run 7 min/ Walk 1 min Repeat 3x	Rest	Cross-train*, 30-40 minutes [Optional]	42 minutes Run 5 min/ Walk 1 min Repeat 7x	Rest
Week 2	24 minutes Run 7 min/ Walk 1 min Repeat 3x	Cross-train*, 30-40 minutes [Optional]	24 minutes Run 7 min/ Walk 1 min Repeat 3x	Rest	Cross-train*, 30-40 minutes [Optional]	42 minutes Run 5 min/ Walk 1 min Repeat 7x	Rest
Week 3	27 minutes Run 8 min/ Walk 1 min Repeat 3x	Cross-train*, 30-40 minutes [Optional]	27 minutes Run 8 min/ Walk 1 min Repeat 3x	Rest	Cross-train*, 30-40 minutes [Optional]	42 minutes Run: 5 min/walk 1 min; Repeat 6x	Rest
Week 4	30 minutes Run 9 min/ Walk 1 min Repeat 3x	Cross-train*, 30-40 minutes [Optional]	30 minutes Run 9 min/ Walk 1 min Repeat 3x	Cross-train*, 20-30 minutes [Optional]	Rest	40 minutes Run 7 min/ Walk 1 min Repeat 5x	Rest
Week 5	Run 20 min	Cross-train*, 30-40 minutes [Optional]	Run 20 min	Rest	Cross-train*, 30-40 minutes [Optional]	45 minutes Run 8 min/ Walk 1 min Repeat 5x	Rest
Week	Run 20 min	Rest	Run 20 min	Rest	Run 20 min	Rest	5K race (3.1 miles)

***Cross-training:** Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the cross-training days for the first 4 weeks, and then add the cross-training workouts to the schedule for week 5. If you are active 3 or 4 days already, follow the schedule as it appears. Cycling, swimming, Pilates/yoga, strength training, elliptical training, stair climbing, and Spinning are great cross-training modes for 5K training. **Program was created by running Coach Jenny Hadfield, jennyhadfield.com**

