

# CHS LiveWELL 5K Training Walk/Run Plan!



Program was created by running Coach Jenny Hadfield, [jennyhadfield.com](http://jennyhadfield.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	24 minutes: Run 1 min/ Walk 3 min Repeat 6x	Cross-train*, 30-40 minutes [Optional]	24 minutes: Run 1 min/ Walk 3 min Repeat 6x	Cross-train*, 30-40 minutes [Optional]	Rest	24 minutes: Run 1 min/ Walk 3 min Repeat 6x	Rest
Week 2	24 minutes: Run 1 min/ Walk 3 min Repeat 6x	Cross-train*, 30-40 minutes [Optional]	24 minutes: Run 1 min/ Walk 3 min Repeat 6x	Cross-train*, 30-40 minutes [Optional]	Rest	28 minutes: Run 1 min/ Walk 3 min Repeat 7x	Rest
Week 3	24 minutes: Run 1 min/ Walk 3 min Repeat 6x	Cross-train*, 30-40 minutes [Optional]	28 minutes: Run 1 min/ Walk 3 min Repeat 7x	Cross-train*, 30-40 minutes [Optional]	Walk 30 min	32 minutes: Run 1 min/ Walk 3 min Repeat 8x	Rest
Week 4	28 minutes: Run 1 min/ Walk 3 min Repeat 7x	Cross-train*, 30-40 minutes [Optional]	28 minutes: Run 1 min/ Walk 3 min Repeat 7x	Cross-train*, 30-40 minutes [Optional]	Walk 30 min	36 minutes: Run 1 min/ Walk 3 min Repeat 9x	Rest
Week 5	32 minutes: Run 1 min/ Walk 3 min Repeat 8x	Cross-train*, 30-40 minutes [Optional]	32 minutes: Run 1 min/ Walk 3 min Repeat 8x	Cross-train*, 30-40 minutes [Optional]	Walk 30 min	40 minutes: Run 1 min/ Walk 3 min Repeat 10x	Rest
Week 6	32 minutes: Run 1 min/ Walk 3 min Repeat 8x	Rest	28 minutes: Run 1 min/ Walk 3 min Repeat 7x	Rest	24 minutes: Run 1 min/walk 3 min; Repeat 6x	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.

