

REAL WOMEN RUNNING BEGINNING RUNNER 5K PLAN

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest/Walk or Cross Train	1.5 mi run	Rest/Walk or Cross Train	1.25 mi run	Rest	1.5 mi run	1.75 mi run slow
2	Rest/Walk or Cross Train	1.75 mi run	Rest/Walk or Cross Train	1.5 mi run	Rest	1.75 mi run	2 mi run slow
3	Rest/Walk or Cross Train	2 mi run	Rest/Walk or Cross Train	1.75 mi run	Rest	2 mi run	2.25 mi run slow
4	Rest/Walk or Cross Train	2.25 mi run	Rest/Walk or Cross Train	1.75 mi run	Rest	2.25 mi run	2.5 mi run slow
5	Rest/Walk or Cross Train	2.5 mi run	Rest/Walk or Cross Train	2 mi run	Rest	2.5 mi run	2.75 mi run slow
6	Rest/Walk or Cross Train	2.75 mi run	Rest/Walk or Cross Train	2 mi run	Rest	2.75 mi run	3 mi run slow
7	Rest/Walk or Cross Train	3 mi run	Rest/Walk or Cross Train	2.5 mi run	Rest	3 mi run	3.5 mi run slow
8	Rest/Walk or Cross Train	3 mi run	Rest/Walk or Cross Train	2.5 mi run	Rest	Rest	5-K Race

*Do the three runs (Tues, Thurs, Sat) at a minimum. The fourth day, Sunday, is optional, but if you can fit it in, it will help your endurance. The Sunday run is done slow, which should be at least 30 seconds per mile slower than your other runs. The actual days of the week are guidelines, you can switch them around as needed, but try to have a day off in between running days if possible.