

MONTH ONE	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1/2 mile walk to warm up; 1/2 mile run; 1/2 mile walk to cool down	Rest and recover	1/2 mile walk to warm up; 1/2 mile run; 1/2 mile walk to cool down	Rest and recover	1/2 mile walk to warm up; 1/2 mile run; 1/2 mile walk to cool down	1/2 mile walk to warm up; 3/4 mile run; 1/2 mile walk to cool down	Rest and recover
	Week 2	1/2 mile walk to warm up; 3/4 mile run; 1/2 mile walk to cool down	Rest and recover	1/2 mile walk to warm up; 1 mile run; 1/2 mile walk to cool down	Rest and recover	1/2 mile walk to warm up; 1 mile run; 1/2 mile walk to cool down	1/2 mile walk to warm up; 1 3/4 mile run; 1/2 mile walk to cool down	Rest and recover
	Week 3	1/2 mile walk; 1 3/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 1 3/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 1 3/4 mile run; 1/2 mile walk	1/2 mile walk; 2 mile run; 1/2 mile walk	Rest and recover
	Week 4	1/2 mile walk; 2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 mile run; 1/2 mile walk	1/2 mile walk; 2 1/4 mile run; 1/2 mile walk	Rest and recover
MONTH TWO	Week 1	1/2 mile walk; 2 1/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 1/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 1/4 mile run; 1/2 mile walk	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	Rest and recover
	Week 2	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	1/2 mile walk; 2 3/4 mile run; 1/2 mile walk	Rest and recover
	Week 3	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 1/2 mile run; 1/2 mile walk	1/2 mile walk; 2 3/4 mile run; 1/2 mile walk	Rest and recover
	Week 4	1/2 mile walk; 2 3/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 3/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 2 3/4 mile run; 1/2 mile walk	1/2 mile walk; 3 mile run; 1/2 mile walk	Rest and recover
MONTH THREE	Week 1	1/2 mile walk; 3 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 3 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 3 mile run; 1/2 mile walk	1/2 mile walk; 3 1/4 mile run; 1/2 mile walk	Rest and recover
	Week 2	1/2 mile walk; 3 1/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 3 1/4 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 3 1/4 mile run; 1/2 mile walk	1/2 mile walk; 3 1/2 mile run; 1/2 mile walk	Rest and recover
	Week 3	1/2 mile walk; 3 1/2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 3 1/2 mile run; 1/2 mile walk	Rest and recover	1/2 mile walk; 3 1/2 mile run; 1/2 mile walk	1/2 mile walk; 3 3/4 mile run; 1/2 mile walk	Rest and recover
	Week 4	1/2 mile walk; 2 mile run 1/2 mile walk	Rest and recover	1/2 mile walk; 2 mile run 1/2 mile walk	Rest and recover	1/2 mile walk; 1 mile run 1/2 mile walk	YOUR FIRST 5K RACE	Rest, recover and celebrate!