

5k Beginner Training Schedule

Mayo Clinic Workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1	30 min: Run 15 sec, walk 45 sec	Walk 30 minutes	30 min: Run 15 sec, walk 45 sec	Walk 30 minutes	Rest	Run/walk 3 miles (4.8km)	Rest/walk
Wk 2	30 min: Run 15 sec, walk 45 sec	Walk 30 minutes	30 min: Run 15 sec, walk 45 sec	Walk 30 minutes	Rest	Run/walk 3.5 miles (5.6 km)	Rest/walk
Wk 3	30 min: Run 20 sec, walk 40 sec	Walk 30 minutes	30 min: Run 20 sec, walk 40 sec	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km)	Rest/walk
Wk 4	30 min: Run 20 sec, walk 40 sec	Walk 30 minutes	30 min: Run 20 sec, walk 40 sec	Walk 30 minutes	Rest	Run/walk 4 miles (6.4 km)	Rest/walk
Wk 5	30 min: Run 25 sec, walk 35 sec	Walk 30 minutes	30 min: Run 25 sec, walk 35 sec	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km)	Rest/walk
Wk 6	30 min: Run 25 sec, walk 35 sec	Walk 30 minutes	30 min: Run 25 sec, walk 35 sec	Walk 30 minutes	Rest	Run/walk 4.5 miles (7.2 km)	Rest/walk
Wk 7	30 min: Run 30 sec, walk 30 sec	Walk 30 minutes	30 min: Run 30 sec, walk 30 sec	Walk 30 minutes	Rest	5k run	Rest/walk