

Total Health Systems Run/Walk 5 k Training Plan

Week	Workout 1	Workout 2	Workout 3
Week of Feb 16	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
Week of Feb 23	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
Week of March 2	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)
Week of March 9	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)
Week of March 16	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> Jog 3/4 mile (or 8 minutes) Walk 1/2 mile (or 5 minutes) Jog 3/4 mile (or 8 minutes) 	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.

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Week of March 23	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 3/4 mile (or 8 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes) 	<p>Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.</p>
Week of March 30	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).if needed walk, but try to pace self so very few walks are needed.</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). if needed walk, but try to pace self so very few walks are needed.</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). if needed walk, but try to pace self so very few walks are needed.</p>
Week of April 6	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, jog a little faster than yesterday's jog for 5 min, then walk for 1. Repeat for 3 miles or 30 minutes</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>
Week of April 13	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk, jog a little faster than yesterday's jog for 5 min, then walk for 1. Repeat for 3 miles or 30 minutes</p>	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)</p>
Week of April 20	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk, jog a little faster than yesterday's jog for 5 min, then walk for 1. Repeat for 3 miles or 30 minutes</p>	<p>The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)</p>