

# 15 (simple) weeks to 5K success!

**Last year, 6,000 5K races were held across the country. They are popular for a reason:** If you can comfortably run/walk for 10 minutes, you can easily cover the race's three miles. Feel free to alternate between running and walking for the suggested time. Every other day, either walk or do another low-impact activity that you enjoy (such as cycling, swimming or using an elliptical trainer) for at least 20 minutes. This will improve your fitness level without increasing your risk of injury. And don't skip your rest day!

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	walk or XT	run 10-15 min	walk or XT	run 10-15 min	walk or XT	rest	1 mile
2	walk or XT	run 15 min	walk or XT	run 15 min	walk or XT	rest	1 mile
3	walk or XT	run 15-20 min	walk or XT	run 15-20 min	walk or XT	rest	1.5 mile
4	walk or XT	run 15-20 min	walk or XT	run 15-20 min	walk or XT	rest	1.5 mile
5	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	rest	2 mile
6	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	rest	2 mile
7	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	rest	2.5 mile
8	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	rest	2.5 mile
9	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	3 mile
10	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	3 mile
11	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	3.5 mile
12	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	3.5 mile
13	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	4 mile
14	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	4 mile
15	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	rest	5K race

**XT** = cross-train (like swimming, cycling, using an elliptical trainer etc.)