



Apple Harvest Road Race Beginner 5K Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk for 25 minutes (pace doesn't matter)	Run 1 minute Walk 2 minutes 6 times = 18 min.	Run 1 minute Walk 2 minutes 6 times = 18 min.	Walk for 25 minutes (pace doesn't matter)	Run 1 minute Walk 2 minutes 8 times = 24 min.	REST DAY	Run 2 minutes Walk 2 minutes 6 times = 24 min.
Week 2	Walk for 25 minutes (pace doesn't matter)	Run 1 minute Walk 2 minutes 8 times = 24 min.	Run 2 minutes Walk 2 minutes 6 times = 24 min.	Walk for 25 minutes (pace doesn't matter)	Run 3 minutes Walk 2 minutes 5 times = 25 min.	REST DAY	Run 4 minutes Walk 2 minutes 4 times = 24 min.
Week 3	Walk for 25 minutes (pace doesn't matter)	Run 4 minutes Walk 2 minutes 5 times = 30 min.	Run 4 minutes Walk 2 minutes 5 times = 30 min.	Walk for 25 minutes (pace doesn't matter)	Run 5 minutes Walk 2 minutes 4 times = 28 min.	REST DAY	Run 6 minutes Walk 3 minutes 3 times = 27 min.
Week 4	Walk for 25 minutes (pace doesn't matter)	Run 6 minutes Walk 3 minutes 3 times = 27 min.	Run 4 minutes Walk 2 minutes 5 times = 30 min.	Optional Walk OR REST DAY	Run 7 minutes Walk 3 minutes 3 times = 30 min.	REST DAY	Run 7 minutes Walk 2 minutes 3 times = 27 min.
Week 5	Walk for 30 minutes (pace doesn't matter)	Run 8 minutes Walk 3 minutes 3 times = 33 min.	Run 8 minutes Walk 2 minutes 3 times = 30 min.	Optional Walk OR REST DAY	Run 10 minutes Walk 2 minutes 2 times = 20 min.	REST DAY	Run 10 minutes Walk 2 minutes 3 times = 36 min.
Week 6	Walk for 30 minutes (pace doesn't matter)	Run 12 minutes Walk 2 minutes 2 times = 28 min.	Run 12 minutes Walk 1 minutes 2 times = 24 min.	Optional Walk OR REST DAY	Run 14 minutes Walk 2 minutes 2 times = 32 min.	REST DAY	Run 14 minutes Walk 1 minute 2 times = 30 min.
Week 7	Walk for 30 minutes (pace doesn't matter)	Run 15 minutes Walk 2 minutes 2 times = 34 min.	Run 15 minutes Walk 1 minute 2 times = 32 min.	REST DAY	Run 12 minutes Walk 1 minute 3 times = 39 min.	REST DAY	Run 15 minutes Walk 1 minute 2 times = 32 min.
Week 8	Walk for 25 minutes (pace doesn't matter)	Run 12 minutes Walk 2 minutes 2 times = 24 min.	Run 10 minutes Walk 2 minutes 3 times = 36 min.	REST DAY	Run 5 minutes Walk 1 minute 4 times = 24 min.	REST DAY	RACE DAY!!

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Created by coach Cat Aniballi

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