

Run a 5K in 9 weeks (Running 3 times a week)

WEEK	DATE	DESCRIPTION	COMPLETED	TIME
week 1	Day 1	Brisk 5 minute walk, then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes		
week 1	Day 3	Brisk 5 minute walk, then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes		
week 1	Day 5	Brisk 5 minute walk, then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes		
week 2	Day 1	Brisk 5 minute walk, then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes		
week 2	Day 3	Brisk 5 minute walk, then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes		
week 2	Day 5	Brisk 5 minute walk, then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes		
week 3	Day 1	Brisk 5 minute walk, then do 2 repetitions of the following: a) jog 200 yards or 90 seconds, b) walk 200 yards or 90 seconds, c) jog 400 yards or 3 minutes, d) walk 400 yards or 3 minutes		
week 3	Day 3	Brisk 5 minute walk, then do 2 repetitions of the following: a) jog 200 yards or 90 seconds, b) walk 200 yards or 90 seconds, c) jog 400 yards or 3 minutes, d) walk 400 yards or 3 minutes		
week 3	Day 5	Brisk 5 minute walk, then do 2 repetitions of the following: a) jog 200 yards or 90 seconds, b) walk 200 yards or 90 seconds, c) jog 400 yards or 3 minutes, d) walk 400 yards or 3 minutes		
week 4	Day 1	Brisk 5 minute walk, then 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 2.5 minutes, jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes.		
week 4	Day 3	Brisk 5 minute walk, then 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 2.5 minutes, jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes.		
week 4	Day 5	Brisk 5 minute walk, then 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 2.5 minutes, jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes.		
week 5	Day 1	Brisk 5 minute walk, then 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		
week 5	Day 3	Brisk 5 minute walk, then jog 3/4 mile or 8 minutes, walk 1/2 mile or 5 minutes, jog 3/4 mile or 8 minutes		
week 5	Day 5	Brisk 5 minute walk, then jog two miles or 20 minutes with no walking		
week 6	Day 1	Brisk 5 minute walk, then 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		
week 6	Day 3	Brisk 5 minute walk, then jog 1 mile or 10 minutes, walk 1/4 mile or 3 minutes, jog 1 mile or 10 minutes		
week 6	Day 5	Brisk 5 minute walk, then jog 2 1-4 miles or 25 minutes with no walking		
week 7	Day 1	Brisk 5 minute walk, then jog 2.5 miles or 25 minutes		
week 7	Day 3	Brisk 5 minute walk, then jog 2.5 miles or 25 minutes		
week 7	Day 5	Brisk 5 minute walk, then jog 2.5 miles or 25 minutes		
week 8	Day 1	Brisk 5 minute walk, then jog 2.75 miles or 28 minutes		
week 8	Day 3	Brisk 5 minute walk, then jog 2.75 miles or 28 minutes		
week 8	Day 5	Brisk 5 minute walk, then jog 2.75 miles or 28 minutes		
week 9	Day 1	Brisk 5 minute walk, then jog 3 miles or 30 minutes		
week 9	Day 3	Brisk 5 minute walk, then jog 3 miles or 30 minutes		
week 9	Day 5	Run 5K OR Brisk 5 minute walk, then jog 3 miles or 30 minutes		

CONGRATULATIONS!