5 K Advanced Program

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Time
1	0:23 mins	Off	Off	0:23 mins	Off	0:23 mins	Off	Walk/Run 1:09
	Workout: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins							
2	0:23 mins	Off	Off	0:23 mins	Off	0:23 mins	Off	Walk/Run 1:09
	Workout: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins							
3	0:29 mins	Off	Off	0:29 mins	Off	0:29 mins	Off	Walk/Run 1:27
	Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins							
4	0:36 mins	Off	Off	0:36 mins	Off	0:36 mins	Off	Walk/Run 1:48
	Workout: walk 1 min, run 10 min, x3 sets, walk 1 min, run 1 min, plus walk 1 min = 36 mins							
5	0:32 mins	Off	Off	0:32 mins	Off	0:32 mins	Off	Walk/Run 1:36
	Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 8 min, plus walk 1 min = 32 mins							
6	0:34 mins	Off	0:34 mins	0:23 mins	Off	0:34 mins	Off	Walk/Run 2:05
	Workout: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins							
	Workout: walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins							
7	0:34 mins	Off	0:34 mins	0:23 mins	Off	0:34 mins	Off	Walk/Run 2:05
	Workout: walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins							
8	0:34 mins	Off	0:34 mins	0:23 mins	Off	0:34 mins	Off	Walk/Run 2:05
	Workout: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins							
	Workout: walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins							
9	0:34 mins	Off	0:34 mins	0:29 mins	Off	0:34 mins	Off	Walk/Run 2:11
	Workout: walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins							
	Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 5 min, plus walk 1 min = 29 mins							
10	0:23 mins	Off	0:34 mins	0:26 mins	Off	0:34 mins	0:26 mins	Walk/Run 2:23
	Workout: walk 1 min, run 10 min, x2 sets, plus walk 1 min = 23 mins							
	Workout: walk 1 min, run 10 min, x3 sets, plus walk 1 min = 34 mins							
	Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 2 min, plus walk 1 min = 26 mins							
11	Race Day 5K Walk 1/Run 10							Walk/Run 0:25-0:35

Pace Schedule	Pace and distance are not a concern. This program goal is to increase the duration of running to walking and to slowly add in additional training days. All training uses the 1 min walk/10 min run principle.