

5 K Conditioning Program

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total Time
1	0:25 mins	Off	Off	0:25 mins	Off	0:25 mins	Off	Walk/Run 1:15 Workout: walk 1 min, run 5 min, x4 sets, plus walk 1 min = 25 mins
2	0:25 mins	Off	Off	0:25 mins	Off	0:25 mins	Off	Walk/Run 1:15 Workout: walk 1 min, run 7 min, x3 sets, plus walk 1 min = 25 mins
3	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
4	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
5	0:26 mins	Off	Off	0:26 mins	Off	0:26 mins	Off	Walk/Run 1:18 Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 2 min, plus walk 1 min = 26 mins
6	0:28 mins	Off	Off	0:28 mins	Off	0:28 mins	Off	Walk/Run 1:24 Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 4 min, plus walk 1 min = 28 mins
7	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
8	0:30 mins	Off	Off	0:30 mins	Off	0:30 mins	Off	Walk/Run 1:30 Workout: walk 1 min, run 10 min, x2 sets, walk 1 min, run 6 min, plus walk 1 min = 30 mins
9	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
10	0:23 mins	Off	0:34 mins	0:34 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
11	Race Day 5K Walk 1/Run 10							Walk/Run 0:30-0:40

Pace Schedule

Don't worry about pace or distance as the goal is to increase the interval of time running/walking.
 Week 1 will incorporate 1 min walk/5 min run.
 Week 2 will increase to 1 min walk/7 min run.
 All other weeks will progress to the formula of 1 min walk/10 min run.