

Run to 5k Plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Weekly Quote
Rest	8 rounds of run 1 min, walk 2 min	Rest or cross-train	10 rounds of run 1 min, walk 2 min	Rest or cross-train	Rest	6 rounds of run 2 min, walk 2 min	“Running teaches us to keep moving forward, one step at a time.”
Rest	5 rounds of run 3 min, walk 2 min	Rest or cross-train	5 rounds of run 4 min, walk 1 min	Rest or cross-train	Rest	4 rounds of run 5 min, walk 1 min	“Running teaches us to keep moving forward, one step at a time.”
Rest	4 rounds of run 6 min, walk 1 min	Rest or cross-train	3 rounds of run 8 min, walk 1 min	Rest or cross-train	Rest	2 rounds of run 10 min, walk 1 min	“Speed comes from struggle. Don’t fear the effort.”
Rest	2 rounds of run 12 min, walk 1 min	Rest or cross-train	Run 15 min, walk 1 min, run 5 min	Rest or cross-train	Rest	Run 20 min	“You’re not chasing perfection. You’re chasing progress.”
Rest	Run 25 min	Rest or cross-train	Run 20 min	Rest or cross-train	Rest	You’re ready to race!	“You trained for this. You earned this. Now run it.”