

Workout Week #1: Start with a brisk five-minute walk to warm up. Then do five cycles of running for two minutes and then walking for four minutes. Your total workout time when finished will be thirty-five minutes, including the warm-up.

5K Training Program: Week one

Do this workout 4 days this week, preferably on Monday, Wednesday, Friday, and Saturday.

Breakout Box: 5k Training, Week 2

Workout #1: Warm-up with 5 minute brisk walk. Jog 2 minutes. Walk 2 minutes. Jog 3 minutes. Walk 3 minutes. Jog 3 minutes. Walk 3 minutes. Jog 2 minutes. Walk 2 minutes. Cool-down with 5 minute walk. Total workout time: 30 minutes. Total jogging time: 10 minutes.

Workout #2: Warm-up with 5 minute brisk walk. Jog 2 minutes. Walk 2 minutes. Jog 3 minutes. Walk 3 minutes. Jog 4 minutes. Walk 4 minutes. Jog 3 minutes. Walk 3 minutes. Jog 2 minutes. Walk 2 minutes. Cool-down with 5 minute walk. Total workout time: 38 minutes. Total jog time: 14 minutes.

Workout #3: Warm-up with 5 minute brisk walk. Jog 2 minutes. Walk 2 minutes. Jog 3 minutes. Walk 3 minutes. Jog 3 minutes. Walk 3 minutes. Jog 2 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 36 minutes. Total jog time: 12 minutes.

Additional workout if feel like it: Brisk walking for 25-30 minutes.

Breakout box: 5k Training, Week 3

Workout #1: Warm-up with 5 minute brisk walk. Jog 3 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 3 minutes. Jog 4 minutes. Walk 2 minutes. Jog 3 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 40 minutes. Total jog time: 18 minutes.

Workout #2: Warm-up with 5 minute brisk walk. Jog 3 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 3 minutes. Jog 5 minutes. Walk 2 minutes. Jog 3 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 41 minutes. Total jog time: 19 minutes.

Workout #3: Warm-up with 5 minute brisk walk. Jog 4 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 3 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 47 minutes. Total jog time: 25 minutes.

Optional Workout: Warm-up with 5 minute brisk walk. Alternate jogging and walking in 3 minute intervals for 30 minutes total. Cool down with 5 minute walk. Total workout time: 40 minutes. Total jog time: 15 minutes

5K Training, Week 4

Workout #1: Warm-up with 5 minute brisk walk. Jog 4 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 3 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 47 minutes. Total jog time: 25 minutes.

Workout #2: Warm-up with 5 minute brisk walk. Jog 4 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 6 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 49 minutes. Total jog time: 27 minutes.

Workout #3: Warm-up with 5 minute brisk walk. Jog 6 minutes. Walk 3 minutes. Jog 5 minutes. Walk 3 minutes. Jog 6 minutes. Walk 3 minutes. Jog 5 minutes. Walk 3 minutes. Jog 6 minutes. Walk 3 minutes. Jog 3 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 58 minutes. Total jog time: 31 minutes.

Optional Workout #4: Warm-up with 5 minute brisk walk. Alternate jogging and walking in 4 minute intervals for 35 minutes. Cool down with 5 minute walk. Total workout time: 45 minutes. Total jog time: 17 minutes

Optional Workout #4: Warm-up with 5 minute brisk walk. Alternate jogging and walking in 4 minute intervals for 35 minutes. Cool down with 5 minute walk. Total workout time: 45 minutes. Total jog time: 17 minutes.

5K Training: Week5

Workout #1: Warm-up with 5 minute brisk walk. Jog 4 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 7 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 51 minutes. Total jog time: 29 minutes.

Workout #2: Warm-up with 5 minute brisk walk. Jog 4 minutes. Walk 2 minutes. Jog 7 minutes. Walk 2 minutes. Jog 4 minutes.

Walk 2 minutes. Jog 8 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 7 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 56 minutes. Total jog time: 34 minutes.

Workout #3: Warm-up with 5 minute brisk walk. Jog 10 minutes. Walk 2 minutes. Jog 10 minutes. Walk 2 minutes. Jog 10 minutes. Cool down with 5 minute walk. Total workout time: 44 minutes. Total jog time: 30 minutes.

Optional Workout: Warm-up with 5 minute brisk walk. Alternate jogging and walking in 3 minute intervals for 30 minutes total. Cool down with 5 minute walk. Total workout time: 40 minutes. Total jog time: 15 minutes

5K Training: Week 6

Workout #1: Warm-up with 5 minute brisk walk. Jog 4 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 7 minutes. Walk 2 minutes. Jog 5 minutes. Walk 2 minutes. Jog 4 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 51 minutes. Total jog time: 29minutes.

Workout #2: Warm-up with 5 minute brisk walk. Jog 10 minutes. Walk 2 minutes. Jog 10 minutes. Walk 2 minutes. Jog 10 minutes. Cool down with 5 minute walk. Total workout time: 44 minutes. Total jog time: 30 minutes.

Workout #3: Warm-up with 5 minute brisk walk. Jog 15 minutes. Walk 2 minutes. Jog 15 minutes. Walk 2 minutes. Cool down with 5 minute walk. Total workout time: 42 minutes. Total jog time: 30 minutes.

Optional Workout: Warm-up with 5 minute brisk walk. Alternate jogging and walking in 3 minute intervals for 30 minutes total. Cool down with 5 minute walk. Total workout time: 40 minutes. Total jog time: 15 minutes