

On your way to a 5K

	Day 1	Day 2	Day 3
Week 1	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
Week 2	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.
Week 3	Brisk 5-minute warmup walk, then do 2 repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes 	Brisk 5-minute warmup walk, then do 2 repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes 	Brisk 5-minute warmup walk, then do 2 repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes
Week 4	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2.5 minutes • Jog 3 minutes • Walk 90 seconds 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2.5 minutes • Jog 3 minutes • Walk 90 seconds 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2.5 minutes • Jog 3 minutes • Walk 90 seconds
Week 5	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 8 minutes • Walk 5 minutes • Jog 8 minutes 	Brisk 5-minute warmup walk, then jog 20 minutes with no walking.
Week 6	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 10 minutes • Walk 3 minutes • Jog 10 minutes 	Brisk 5-minute warmup walk, then jog 25 minutes with no walking.
Week 7	Brisk 5-minute warmup walk, then jog 25 minutes with no walking.	Brisk 5-minute warmup walk, then jog 25 minutes with no walking.	Brisk 5-minute warmup walk, then jog 25 minutes with no walking.
Week 8	Brisk 5-minute warmup walk, then jog 28 minutes with no walking.	Brisk 5-minute warmup walk, then jog 28 minutes with no walking.	Brisk 5-minute warmup walk, then jog 28 minutes with no walking.
Week 9	Brisk 5-minute warmup walk, then jog 30 minutes with no walking.	Brisk 5-minute warmup walk, then jog 30 minutes with no walking.	RACE DAY! Congratulations! Brisk 5-minute warmup walk and stretch, then jog your 3.1 miles. After the race, sign up for another race as soon as possible and keep the healthy inertia going.

Brisk walk: A 12- to 13-minute mile or roughly 3.5 mph to 4 mph. This is a fast walk approaching a slow jog. Any faster and you'll be jogging or running.

Jog: A nine- to 11-minute mile or roughly 5 mph to 6.7 mph. This is a comfortable slow-running pace. You should be able to carry on a conversation throughout this intensity of activity. Mild to moderate perspiration should occur.