

8-week Training Schedule for Beginners



This **5K training schedule** is specifically tailored for beginners and includes a mix of running, walking, cross training and resting. This helps reduce the risk of injury, stress and fatigue, while boosting your enjoyment of physical activity.

Even runners spend time walking in this training plan. If you're strictly a walker, you always walk. On walk days, both runners and walkers walk. Remember, you can run or walk slowly to help your body adjust to training.

If you're looking to get off the couch and take small steps towards a more active lifestyle, start with the 4-week pre-training program. You'll ease your way in to walking and be ready for a 5K in no time!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PRE-TRAINING WORKOUT	On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.							
	Week 1	Run/walk 10 minutes	Walk 10 minutes	Rest	Walk 10 minutes	Rest	Run/walk .5 miles	Rest
	On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.							
	Week 2	Run/walk 15 minutes	Walk 15 minutes	Rest	Walk 15 minutes	Rest	Run/walk 1 mile	Rest
	On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.							
	Week 3	Run/walk 20 minutes	Walk 20 minutes	Rest	Walk 20 minutes	Rest	Run/walk 1.5 miles	Rest
	On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.							
	Week 4	Run/walk 25 minutes	Walk 25 minutes	Rest	Walk 25 minutes	Rest	Run/walk 2 miles	Rest

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRAINING SCHEDULE	On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.							
	Week 1	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 30 minutes	Rest	Run/walk 3 miles (4.8 km)	Rest
	On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.							
	Week 2	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 3 0 minutes	Rest	Run/walk 3.5 miles (5.6 km)	Rest

Training program continued on the back.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRAINING SCHEDULE	On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.							
	Week 3	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) w/Magic Mile*	Rest
	On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.							
	Week 4	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 30 minutes	Rest	Run/walk 4 miles (6.4 km)	Rest
	On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.							
	Week 5	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) w/Magic Mile*	Rest
	On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.							
	Week 6	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 30 minutes	Rest	Run/walk 4.5 miles (7.2 km)	Rest
On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.								
Week 7	Run/walk 30 minutes	Walk 30 minutes	Rest	Walk 30 minutes	Rest	Run/walk 4.5 miles (7.2 km)	Rest	
On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.								
Week 8	Run/walk 30 minutes	Walk 30 minutes	Rest	5K Race Day	Rest			

Adapted from: Galloway, J. Galloway's 5K/10K Running. 2nd ed. Aachen, Germany: Meyer & Meyer Sport; 2008:38.

*The Magic Mile is a training tool designed to help you find a realistic race pace. On the first Magic Mile, warm up as usual and then run or walk one mile (1,600 meters) slightly faster than your normal pace. Time your one-mile run/walk with a stopwatch. Run or walk easily the rest of the distance assigned for the day. On each successive Magic Mile, warm up as usual and then try to beat your previous one-mile run/walk time. Your 5K race pace should be one to two minutes slower than your fastest Magic Mile time.

Injury Experts

If you're injured while training for the Metro Way 5K, turn to the team at UM Health-West Sports Medicine. Our providers can help you overcome an injury, joint pain or whatever it is that's holding you back. If you're ready to move like yourself again, we're here to help.

UM Health-West Sports Medicine

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