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"Five Weeks to a 5K" Training Guide

	Monday	Wednesday	Friday	Saturday
Week 1	20-minute circuit	30-minute circuit	20-minute circuit	1-mile run
Week 2	40-minute circuit	1.5-mile run	20-minute jog	2-mile run
Week 3	30-minute jog	2-mile run	30-minute jog	2.5-mile run
Week 4	25-minute run	2.5-mile run	25-minute jog	3-mile run
Week 5	30-minute jog	30-minute run (go hard)	2-mile jog (go easy)	Your 5K (3.1-mile run)

Key

Jogging: Easy, light pace

Running: Push yourself to go at a faster pace

Circuit: Jog as long as you can, walk to catch your breath, then resume jogging