

8-Week 5K Training Program - Novice

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7-Aug	20 min stretch	1.5 mi run	20 min stretch	1.5 mi run	20 min stretch	1.5 mi run	30 min walk
14-Aug	20 min stretch	1.75 mi run	20 min stretch	1.75 mi run	20 min stretch	1.75 mi run	35 min walk
21-Aug	20 min stretch	2 mi run	20 min stretch	1.5 mi run	20 min stretch	2 mi run	40 min walk
28-Aug	20 min stretch	2.25 mi run	20 min stretch	1.5 mi run	20 min stretch	2.25 mi run	45 min walk
4-Sep	20 min stretch	2.5 mi run	20 min stretch	2 mi run	20 min stretch	2.5 mi run	50 min walk
11-Sep	20 min stretch	2.75 mi run	20 min stretch	2 mi run	20 min stretch	2.75 mi run	55 min walk
18-Sep	20 min stretch	3 mi run	20 min stretch	2 mi run	20 min stretch	3 mi run	60 min walk
25-Sep	20 min stretch	3 mi run	20 min stretch	2 mi run	20 min stretch	Desi Dash 5K	

Ref: <https://www.halhigdon.com/training-programs/5k-training/novice-5k/>