

5 WEEKS TO YOUR FIRST 5K

FINISH YOUR FIRST RACE BY USING THIS CONSISTENT, GRADUAL APPROACH

BY MARIO FRAIOLI

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	2 MILES RUN 30 SEC WALK 60 SEC	REST	2 MILES RUN 30 SEC WALK 60	CROSS TRAINING 30 – 60 MINS	2 MILES RUN 45 SEC WALK 60 SEC	REST	2 MILES RUN 45 SEC WALK 60 SEC
2	2.25 MILES RUN 60 SEC WALK 60 SEC	REST	2.25 MILES RUN 60 SEC WALK 60 SEC	CROSS TRAINING 30 – 60 MINS	2.25 MILES RUN 90 SEC WALK 60 SEC	REST	2.25 MILES RUN 90 SEC WALK 60 SEC
3	2.25 MILES RUN 2 MIN WALK 1 MIN	REST	2.25 MILES RUN 2 MIN WALK 1 MIN	CROSS TRAINING 30 – 60 MINS	2.25 MILES RUN 2:30 MIN WALK 60 SEC	REST	2.25 MILES RUN 2:30 MIN WALK 60 SEC
4	2.75 MILES RUN 3 MIN WALK 60 SEC	REST	2.75 MILES RUN 3 MIN WALK 60 SEC	CROSS TRAINING 30 – 60 MINS	2.75 MILES RUN 3:30 WALK WALK 60 SEC	REST	2.75 MILES RUN 3:30 MIN WALK 60 SEC
5	3 MILES RUN 4 MIN WALK 60 SEC	REST	3 MILES RUN 4 MIN WALK 60 SEC	CROSS TRAINING 30 – 60 MINS	3 MILES RUN 5 MIN WALK 60 SEC	REST	5K RACE

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