



6-WEEK HOME RUN 5K TRAINING SCHEDULE

The Home Run 5k training schedule listed below is for runners who are looking to complete their first 5k. Intermediate and advanced runners are encouraged to search the internet for a more advanced training schedule.

This training schedule is designed to allow you to comfortably finish a 5K. It assumes that you have no major health problems, are in reasonably good shape, and have done at least some walking or jogging. Feel free to make adjustments in order to accommodate scheduling conflicts, individual goals, and rate of improvement.

On days that are designated "Rest", feel free to cross train. Cross training includes strength training, biking, awith the activities you choose. Just be sure to give your body the rest that it needs.

Remember that every run (unless otherwise specified) in this 6-week schedule should be a steady run, done at an effort that has you breathing "comfortably hard". Enjoy each run, feel yourself getting stronger and leaner, and be proud of what you're doing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week of 4-24-17	20 min: walk 1 min, jog 1 min	Rest	20 min: walk 1 min, jog 1 min	Rest	20 min: walk 1 min, jog 1 min	Rest	Walk 30 min
Week of 5-1-17	20 min: walk 1 min, jog 2 min	Rest	20 min: walk 1 min, jog 2 min	Rest	20 min: walk 1 min, jog 3 min	Rest	Walk 40 min
Week of 5-8-17	20 min: walk 1 min, jog 4 min	Rest	10 min jog, 10 min walk	Rest	20 min: walk 1 min, jog 3 min	Rest	40 min: jog 2 min, walk 1 min
Week of 5-15-17	12 min jog, 12 min walk	Rest	8 min jog, 1 min walk (Repeat twice)	Rest	15 min jog	Rest	40 min: jog 2 min, walk 1 min
Week of 5-22-16	20 min jog	Rest	3x5 min run, 1 min walk in between	Rest	25 min jog	Rest	25 min run
Week of 5-29-17	20 min jog	Rest	Easy 20 jog	Rest	Rest	JUNE 3, 2017 RACE DAY!	