



5k Training Program

There's no better motivation to start running—or stick with it—than signing up for a race. We asked Girls Gotta Move Coach Jenny Hadfield to design a 5K training program to help new runners fly through their first race and another for more-experienced pavement-pounders to run their fastest 5k ever.

	Monday Run	Tuesday Cross-train	Wednesday Run	Thursday Rest or Run	Friday Cross-train or Rest	Saturday Endurance Run	Sunday Rest Day
First 5k Fastest 5k	25 min R/W 3/2 45 min easy pace 4 Pickups	30-40 min 45-60 min	25 min R/W 3/2 Intervals: 4x2	Rest 40 min easy pace	30-40 min 45 min	25 min R/W 3/2 50 min	Rest
First 5k Fastest 5k	25 min R/W 3/2 45 min easy pace 4 Pickups	30-40 min 45-60 min	25 min R/W 3/2 Intervals: 5x2	Rest 40 min easy pace	30-40 min 45 min	30 min R/W 3/2 55 min	Rest
First 5k Fastest 5k	25 min R/W 3/2 45 min easy pace 4 Pickups	30-40 min 45-60 min	25 min R/W 4/2 Intervals: 6x2	Rest 40 min easy pace	30-40 min 45 min	30 min R/W 3/2 60 min	Rest
First 5k Fastest 5k	30 min R/W 4/2 45 min easy pace 5 Pickups	30-40 min 45-60 min	30 min R/W 4/2 Intervals: 5x3	Rest 40 min easy pace	30-40 min 45 min	36 min R/W 4/2 60 min	Rest
First 5k Fastest 5k	30 min R/W 4/2 45 min easy pace 5 Pickups	30-40 min 45-60 min	30 min R/W 4/2 Intervals: 6x3	Rest 40 min easy pace	30-40 min 45 min	40 min R/W 4/1 50 min	Rest
First 5k Fastest 5k	30 min R/W 4/2 40 min easy pace 4 Pickups	30 min Rest	30 min R/W 4/1 Intervals: 8x1	Rest 30 min easy pace	25 min Rest	5K Race R/W 4/1 5K Race	Rest

R/W 3/2: Run 3 min. at an easy pace, then walk 2 min.; repeat. (For 4/2, run 4 min., walk 2; for 4/1, run 4, walk 1.)

Pickups: Pick up your pace a notch or two for 30 seconds.

Intervals: Run easy for 10 min., then alternate easy and hard running (for example, 4 x 2 = 4 reps of 2 min. hard, then 2 min. easy).

Cross-train: Cross-train with cardio activities or strength-training. New to exercise? Rest on cross-training days for the first two weeks.