

# Your **0→5K** Countdown

## Run-Walk Program

Program was created by running coach Jenny Hadfield, [jennyhadfield.com](http://jennyhadfield.com)

WEEK	1	2	3	4	5	6
<b>MONDAY</b>	30 minutes Run 3 min/Walk 2 min Repeat 6x	28 minutes Run 3 min/Walk 1 min Repeat 7x	28 minutes Run 3 min/Walk 1 min Repeat 7x	30 minutes Run 4 min/Walk 1 min Repeat 6x	30 minutes Run 4 min/Walk 1 min Repeat 6x	30 minutes Run 4 min/Walk 1 min Repeat 6x
<b>TUESDAY</b>	Xtrain* 30-40min [Optional]	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	Rest
<b>WEDNESDAY</b>	30 minutes Run 3 min/Walk 2 min Repeat 6x	30 minutes Run 3 min/Walk 2 min Repeat 6x	28 minutes Run 3 min/Walk 1 min Repeat 7x	28 minutes Run 3 min/Walk 1 min Repeat 7x	30 minutes Run 4 min/Walk 1 min Repeat 6x	30 minutes Run 4 min/Walk 1 min Repeat 6x
<b>THURSDAY</b>	Rest	Rest	Rest	Rest	Rest	Rest
<b>FRIDAY</b>	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	Xtrain 30-40min [Optional]	25 minutes Run 4 min/Walk 1 min Repeat 5x
<b>SATURDAY</b>	30 minutes Run 3 min/Walk 2 min Repeat 6x	35 minutes Run 3 min/Walk 2 min Repeat 7x	40 minutes Run 3 min/Walk 2 min Repeat 8x	40 minutes Run 3 min/Walk 1 min Repeat 10x	40 minutes Run 3 min/Walk 1 min Repeat 10x	Rest
<b>SUNDAY</b>	Rest	Rest	Rest	Rest	Rest	5-K Race (3.1 miles)

**Run-Walk Workout:** Warm-up walking 5 minutes at a brisk pace. Repeat run-walk intervals for the prescribed time (eg. Run two minutes and walk two minutes for 24 minutes) and cool-down walking 5 minutes at an easy pace.

**\*Cross-training:** Include activities that are nonrunning or walking. If you are new to an active lifestyle and have been inactive, rest on the cross-training days for the first 4 weeks, and then add the cross-training workouts to the schedule for week 5. If you are active 3 or 4 days already, follow the schedule as it appears. Cycling, swimming, Pilates/yoga, strength training, elliptical training, stairclimbing, and Spinning are great cross-training modes for 5-K training.