



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



5K BEGINNER TRAINING SCHEDULE



WEEK 1:

- DAY 1:** Run 5 minutes, walk 1 min – repeat 3 times and Stretch
- DAY 2:** Cross-train and stretch
- DAY 3:** Run 5 minutes, walk 1 min – repeat 3 times and Stretch
- DAY 4:** Rest
- DAY 5:** Run 5 minutes, walk 1 min – repeat 3 times and Stretch
- DAY 6:** Walk 1.5 miles and stretch
- DAY 7:** Rest

WEEK 2:

- DAY 1:** Run 7 minutes, walk 1 min – repeat 3 times
- DAY 2:** Cross-train and stretch
- DAY 3:** Run 7 minutes, walk 1 min – repeat 3 times
- DAY 4:** Rest
- DAY 5:** Run 7 minutes mile, walk 1 min – repeat 3 times
- DAY 6:** Walk 2 miles and stretch
- DAY 7:** Rest

WEEK 3:

- DAY 1:** Run 10 minutes, walk 1 min – repeat 3 times and stretch
- DAY 2:** Cross-train and stretch
- DAY 3:** Run 10 minutes, walk 1 min – repeat 3 times and stretch
- DAY 4:** Rest
- DAY 5:** Run 10 minutes, walk 1 min – repeat 3 times
- DAY 6:** Walk 2.5 miles
- DAY 7:** Rest

WEEK 4:

- DAY 1:** Run 15 minutes, walk 3 min – repeat 2 times and stretch
- DAY 2:** Cross-train and stretch
- DAY 3:** Run 15 minutes, walk 2 min, run 10 min and stretch
- DAY 4:** Rest
- DAY 5:** Run 20 minutes, walk 2 min, run 10 min and stretch
- DAY 6:** Walk 3 miles
- DAY 7:** Rest

WEEK 5:

- DAY 1:** Run 20 minutes, walk 2 min, run 10 min
- DAY 2:** Cross-train and stretch
- DAY 3:** Run 25 minutes and stretch
- DAY 4:** Rest
- DAY 5:** Run 30 minutes and stretch
- DAY 6:** Walk/Run 3 miles
- DAY 7:** Rest

WEEK 6:

- DAY 1:** Run 30 minutes and stretch
- DAY 2:** Cross-train and stretch
- DAY 3:** Run 30 minutes and stretch
- DAY 4:** Rest
- DAY 5:** Run 20 minutes, walk 10 minutes
- DAY 6:** Rest
- DAY 7:** 5K Race Day! Run 3.1 miles