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WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Rest Day	 RUN 1 mile	 STRENGTH TRAIN	 RUN 1 mile	 CROSS TRAIN 30-45 minutes of aerobic exercise other than walking or running; cycling, swimming, elliptical, rowing, etc	 RUN 1.25 miles	 WALK 20 minutes
2	Rest Day	 RUN 1 mile	 STRENGTH TRAIN	 RUN 1 mile	 CROSS TRAIN 30-45 minutes	 RUN 1.5 miles	 WALK 20 minutes
3	Rest Day	 RUN 1.25 miles	 STRENGTH TRAIN	 RUN 1 mile	 CROSS TRAIN 30-45 minutes	 RUN 1.75 miles	 WALK 25 minutes
4	Rest Day	 RUN 1.5 miles	 STRENGTH TRAIN	 RUN 1 mile	 CROSS TRAIN 30-45 minutes	 RUN 2 miles	 WALK 25 minutes

THE 8-WEEK BEGINNER'S 5K TRAINING PROGRAM

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	Rest Day	 RUN 1.5 miles	 STRENGTH TRAIN	 RUN 1.25 miles	 CROSS TRAIN 30-45 minutes	 RUN 2.25 miles	 WALK 30 minutes
6	Rest Day	 RUN 1.5 miles	 STRENGTH TRAIN	 RUN 1.5 miles	 CROSS TRAIN 30-45 minutes	 RUN 2.5 miles	 WALK 30 minutes
7	Rest Day	 RUN 1.75 miles	 STRENGTH TRAIN	 RUN 1.5 miles	 CROSS TRAIN 30-45 minutes	 RUN 2.75 miles	 WALK 35 minutes
8	Rest Day	 RUN 2 miles	 CROSS TRAIN 30-45 minutes	 RUN 1 mile	 WALK 20 minutes	Rest Day	5K Race Day!