Six- Week Beginner 5 K Schedule

	January 11-17	January 18-24	January 25-31	Feb 1-7	Feb 8-15	Feb 16-20
Monday	Rest	Rest	Rest	Rest	Rest	Rest
				Run 10 mins, walk		
				2 mins. Do twice	Run 12 mins, walk 2	
	Run 2 mins, walk 4 min.	Run 3 mins, walk 3 mins.	Run 8 mins, walk 2	then run for 5	mins. Do twice then	Run 8 mins, walk 2
Tuesday	Do 5 times	Do 4 times	mins. Do 3 times	mins	run for 5 mins	min. Do 3 times
Wednesday	Rest	Rest	Rest	Rest	Rest	Rest
Thursday	Run 1 min, Walk 1 min. Do 10 times	Run 3 mins, Walk 3 mins. Do 4 times	Run 7 mins, walk 2 mins. Do 3 times	Run 8 mins, walk 2 mins. Do 3 times	Run 9 mins, walk 1 min. Do 3 times	Run 15 mins, walk 1 min. Do twice
Friday	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	Run 2 mins, walk 4 min.	Run 5 mins, walk 3 mins. Do 3 times	Run 8 mins, walk 2 mins. Do 3 times	Run 8 mins, walk 2 mins. Do 3 times	Run 8 mins, walk 2 mins. Do 3 times	FEARLESS 5K
Sunday	Rest	Rest	Rest	_	Rest	enjoy accomplishment