

OhioHealth Training Plan

Beginner 5K Run/Walk Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	Day off/rest	Walk .5	Day off/rest	Walk .5	Walk .5	Day off/rest	Walk 1
WEEK 2	Day off/rest	30 sec. run/60 sec. walk (miles) .5	Day off/rest	30 sec. run/60 sec. walk (miles) .5	Walk .5	Day off/rest	Walk 1
WEEK 3	Day off/rest	60 sec. run/60 sec. walk (miles) .75	Day off/rest	30 sec. run/60 sec. walk (miles) .5	Walk .5	Day off/rest	60 sec. run/60 sec. walk (miles) 1.5
WEEK 4	Day off/rest	60 sec. run/60 sec. walk (miles) .75	Day off/rest	60 sec. run/60 sec. walk (miles) .75	Walk .75	Day off/rest	60 sec. run/60 sec. walk (miles) 1.5
WEEK 5	Day off/rest	60 sec. run/30 sec. walk (miles) 1	Day off/rest	60 sec. run/60 sec. walk (miles) .75	Walk .75	Day off/rest	60 sec. run/60 sec. walk (miles) 1.75
WEEK 6	Day off/rest	60 sec. run/30 sec. walk (miles) 1	Day off/rest	60 sec. run/60 sec. walk (miles) .75	Walk 1	Day off/rest	60 sec. run/30 sec. walk (miles) 2
WEEK 7	Day off/rest	60 sec. run/30 sec. walk (miles) 1	Day off/rest	60 sec. run/30 sec. walk (miles) 1	Walk 1	Day off/rest	60 sec. run/30 sec. walk (miles) 2.25
WEEK 8	Day off/rest	90 sec. run/30 sec. walk (miles) 1.25	Day off/rest	90 sec. run/30 sec. walk (miles) 1	Walk 1	Day off/rest	90 sec. run/30 sec. walk (miles) 2.25
WEEK 9	Day off/rest	90 sec. run/30 sec. walk (miles) 1.25	Day off/rest	90 sec. run/30 sec. walk (miles) 1.25	Walk 1	Day off/rest	90 sec. run/30 sec. walk (miles) 2.5
WEEK 10	Day off/rest	90 sec. run/30 sec. walk (miles) 1.5	Day off/rest	90 sec. run/30 sec. walk (miles) 1.25	Walk 1	Day off/rest	90 sec. run/30 sec. walk (miles) 2.5
WEEK 11	Day off/rest	90 sec. run/30 sec. walk (miles) 1.5	Day off/rest	90 sec. run/30 sec. walk (miles) 1.5	Walk 1	Day off/rest	90 sec. run/30 sec. walk (miles) 2.75
WEEK 12	Day off/rest	90 sec. run/30 sec. walk (miles) 1.75	Day off/rest	90 sec. run/30 sec. walk (miles) 1.5	Walk 1	Day off/rest	90 sec. run/30 sec. walk (miles) 3
WEEK 13	Day off/rest	90 sec. run/30 sec. walk (miles) 1.75	Day off/rest	90 sec. run/30 sec. walk (miles) 1	Walk 1	Day off/rest	90 sec. run/30 sec. walk (miles) 2
WEEK 14	Day off/rest	90 sec. run/30 sec. walk (miles) 1	Day off/rest	Walk .5	Day off/rest	Day off/rest	Race Day (miles) 3.1

- Day off/rest
- Walk
- 30 sec. run/60 sec. walk (miles)
- 60 sec. run/60 sec. walk (miles)
- 60 sec. run/30 sec. walk (miles)
- 90 sec. run/30 sec. walk (miles)
- Race Day (miles)

All workouts begin with a 5 min walk for warmup and end with a 5 min walk for cool down.

Run segments should be an easy pace (able to talk in short full sentences while running). If not, slow down.

This 14 week plan is designed for someone who is currently able to comfortably walk or walk/run continuously for 20 minutes as of the start week 1. The goal is to train for and finish a 5k using the walk/run approach. Walk/run means you will walk for a specific amount of time and then run for a specific amount of time, repeat. The segments will change over the plan but there will always be some walking.

Check with your doctor before starting this or any training plan or exercise regimen.



OhioHealth has a variety of resources to help you train for any race level. Visit OhioHealth.com/sportsmed-runners

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Intermediate 5K Run Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	●	.5	●	.5	.5	●	1
WEEK 2	●	.75	●	.5	.5	●	1.25
WEEK 3	●	.75	●	.75	1	●	1.5
WEEK 4	●	1	●	.75	1	●	1.75
WEEK 5	●	1	●	1	1	●	2
WEEK 6	●	1.25	●	1	1	●	2.25
WEEK 7	●	1.25	●	1	1.25	●	2.5
WEEK 8	●	1.5	●	1	1.25	●	2.75
WEEK 9	●	1.5	●	1.25	1.5	●	2.75
WEEK 10	●	1.75	●	1.5	1.5	●	3
WEEK 11	●	2.25	●	1.5	2	●	2
WEEK 12	●	2.5	●	1.5	2	●	3
WEEK 13	●	1.75	●	1	2	●	2
WEEK 14	●	1	●	.5	●	●	3.1

- Day off/rest
- Walk (miles)
- Easy pace running (miles)
- Race Day (miles)

All workouts begin with a 5 min walk for warmup and end with a 5 min walk for cool down.

Run segments should be an easy pace (able to talk in short full sentences while running). If not, slow down.

This 14 week plan is designed for someone who is currently able to comfortably run 1 mile continuously 2-3 times per week at the start of week 1. The goal is to train for and complete a running 5k. If you are not yet able to comfortably run 1 mile, or prefer to use the run/walk approach check out the Beginner 5K Run/Walk plan.

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