

<b>Week One</b>		<b>Training</b>
Day One	Walk 5 minutes. Jog 5 minutes. Walk 5 minutes. Jog 5 minutes. Walk 5 minutes. Stretch.	
Day Two	Rest	
Day Three	Run for 25 minutes or Walk 2 minutes, Run 2 minutes for 30 minutes. Stretch.	
Day Four	Cross Train	
Day Five	Run for 20 minutes or Walk 2 minutes, Run 3 minutes for 20 minutes. Stretch.	
Day Six	Rest	
Day Seven	Run for 2-3 miles or Walk 3 minutes, Run 2 minutes for 35 minutes. Stretch.	
<b>Week Two</b>		<b>Training</b>
Day One	Cross Train	
Day Two	Rest	
Day Three	Run for 30 minutes or Walk 3 minutes, Run 3 minutes for 30 minutes. Stretch.	
Day Four	Cross Train	
Day Five	Run for 20 minutes or Walk 2 minutes, Run 3 minutes for 20 minutes. Stretch	
Day Six	Rest	
Day Seven	Run for 3 miles or Walk 3 minutes, Run 2 minutes for 35 minutes. Stretch.	
<b>Week Three</b>		<b>Training</b>
Day One	Cross Train	
Day Two	Rest	
Day Three	Jog 30 minutes or Walk 2 minutes, Run 3 minutes for 30 minutes. Stretch.	
Day Four	Cross Train	
Day Five	Run for 20 minutes or Walk 2 minutes, Run 3 minutes for 20 minutes. Stretch.	
Day Six	Rest	
Day Seven	Run 3 - 3 1/2 miles or Walk 2 minute, Jog 2 minute for 35 minutes. Stretch.	
<b>Week Four</b>		<b>Training</b>
Day One	Cross Train	
Day Two	Rest	
Day Three	Run 3 miles or Run 1 mile, then walk 10 minutes, run 1 mile. Stretch.	
Day Four	Cross Train	
Day Five	Run 2 miles or Run 1 1/2 miles, then walk 15 minutes. Stretch.	
Day Six	Rest	
Day Seven	Run 3 1/2 - 4 miles or Walk 2 minute, Jog 2 minute for 36 minutes. Stretch	
<b>Week Five</b>		<b>Training</b>
Day One	Cross Train	
Day Two	Rest	
Day Three	Run 3 miles or Run 1 1/2 miles, then walk 15 minutes. Stretch.	
Day Four	Cross Train	
Day Five	Run 3 miles or Run 1 1/2 miles, then walk 30 minutes. Stretch.	
Day Six	Rest	
Day Seven	Run 4 miles or Walk 2 minute, Jog 3 minute for 40 minutes. Stretch	
<b>Week Six</b>		<b>Training</b>
Day One	Cross Train	
Day Two	Rest	
Day Three	Run 3 miles or Run 6 minutes, walk 2 minutes for 24 minutes. Stretch.	
Day Four	Cross Train	
Day Five	Run 3 miles or Run 6 minutes, walk 2 minutes for 32 minutes. Stretch.	
Day Six	Rest	
Day Seven	Enter a local 5k race or time yourself running 3.1 miles	
<b>Week Seven</b>		<b>Training</b>
Day One	Cross Train 35 minutes & Strength Train 25 minutes. Stretch.	
Day Two	Rest	
Day Three	Run 3 miles or Run 8 minutes, walk 2 minutes for 30 minutes. Stretch.	
Day Four	Cross Train	

Day Five	Run 3 miles @ 5-mile race pace or 2 1/2 miles then walk 1 mile. Stretch.
Day Six	Rest
Day Seven	4 miles or Walk 1 minute, Run 3 minutes for 44 minutes. Stretch.
<b>Week Eight Training</b>	
Day One	Cross Train 35 minutes & Strength Train 25 minutes. Stretch.
Day Two	Rest
Day Three	Run 3 miles or Run 9 minutes, walk 1 minute for 30 minutes. Stretch.
Day Four	Cross Train
Day Five	Run 3 miles. Stretch.
Day Six	Rest
Day Seven	Run 5 miles or Run 4 minutes, walk 1 minutes for 50 minutes. Stretch.
<b>Week Nine Training</b>	
Day One	Cross Train
Day Two	Rest
Day Three	Run 3 miles or Run 10 minutes, walk 2 minutes for 24 minutes. Stretch.
Day Four	Cross Train
Day Five	3 mile run @ 5-mile race pace (goal)
Day Six	Rest
Day Seven	Run 5 miles or Run 5 minutes, walk 1 minutes for 54 minutes
<b>Week Ten Training</b>	
Day One	Cross Train
Day Two	Rest
Day Three	Run 3 miles or Run 10 minutes, walk 2 minutes for 24 minutes. Stretch.
Day Four	Cross Train
Day Five	3-4 mile easy run. Stretch.
Day Six	Rest
Day Seven	Run 6 miles or Run 7 minutes, walk 3 minutes for 60 minutes. Stretch
<b>Week Eleven Training</b>	
Day One	Cross Train
Day Two	Rest
Day Three	Run 3 miles or Run 10 minutes, walk 2 minutes for 36 minutes. Stretch.
Day Four	Cross Train
Day Five	3 mile run @ 5-mile race pace. Stretch.
Day Six	Rest
Day Seven	Run 6 miles or Run 8 minutes, Walk 2 minutes for 60 minutes. Stretch
<b>Week Twelve Training</b>	
Day One	Cross Train
Day Two	Rest
Day Three	2-3 miles easy run. Stretch.
Day Four	Cross Train
Day Five	Walk 15-20 minutes. Light Jog 10 minutes. Walk 10 minutes. Stretch.
Day Six	5 mile Race Day!
Day Seven	Rest