# 5K Run/Walk Eight-Week Training Plan

<table>
<thead>
<tr>
<th>Week of</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 26</td>
<td>Rest</td>
<td>1.5 mi run/walk</td>
<td>Rest</td>
<td>1.5 mi run/walk</td>
<td>Rest</td>
<td>1.5 mi run/walk</td>
<td>30 min walk</td>
</tr>
<tr>
<td>March 4</td>
<td>Rest</td>
<td>1.75 mi run/walk</td>
<td>Rest</td>
<td>1.75 mi run/walk</td>
<td>Rest</td>
<td>1.75 mi run/walk</td>
<td>35 min walk</td>
</tr>
<tr>
<td>March 11</td>
<td>Rest</td>
<td>2.0 mi run/walk</td>
<td>Rest</td>
<td>2.0 mi run/walk</td>
<td>Rest</td>
<td>2.0 mi run/walk</td>
<td>40 min walk</td>
</tr>
<tr>
<td>March 18</td>
<td>Rest</td>
<td>2.25 mi run/walk</td>
<td>Rest</td>
<td>2.25 mi run/walk</td>
<td>Rest</td>
<td>2.25 mi run/walk</td>
<td>45 min walk</td>
</tr>
<tr>
<td>March 25</td>
<td>Rest</td>
<td>2.50 mi run/walk</td>
<td>Rest</td>
<td>2.50 mi run/walk</td>
<td>Rest</td>
<td>2.50 mi run/walk</td>
<td>50 min walk</td>
</tr>
<tr>
<td>April 1</td>
<td>Rest</td>
<td>2.75 mi run/walk</td>
<td>Rest</td>
<td>2.75 mi run/walk</td>
<td>Rest</td>
<td>2.75 mi run/walk</td>
<td>55 min walk</td>
</tr>
<tr>
<td>April 8</td>
<td>Rest</td>
<td>3.00 mi run/walk</td>
<td>Rest</td>
<td>3.00 mi run/walk</td>
<td>Rest</td>
<td>3.00 mi run/walk</td>
<td>60 min walk</td>
</tr>
<tr>
<td>April 15</td>
<td>Rest</td>
<td>3.25 mi run/walk</td>
<td>Rest</td>
<td>3.25 mi run/walk</td>
<td>Rest</td>
<td>3.25 mi run/walk</td>
<td>Rest</td>
</tr>
<tr>
<td>April 22</td>
<td>National Child Nutrition Conference</td>
<td>5k Run/Walk - Anytime</td>
<td></td>
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</tr>
</tbody>
</table>

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**5K Run/Walk Eight-Week Training Plan**

- **February 26**: Rest, 1.5 mi run/walk (Rest 30 min walk)
- **March 4**: Rest, 1.75 mi run/walk (Rest 35 min walk)
- **March 11**: Rest, 2.0 mi run/walk (Rest 40 min walk)
- **March 18**: Rest, 2.25 mi run/walk (Rest 45 min walk)
- **March 25**: Rest, 2.50 mi run/walk (Rest 50 min walk)
- **April 1**: Rest, 2.75 mi run/walk (Rest 55 min walk)
- **April 8**: Rest, 3.00 mi run/walk (Rest 60 min walk)
- **April 15**: Rest, 3.25 mi run/walk (Rest)
- **April 22**: National Child Nutrition Conference, 5k Run/Walk - Anytime