



Three-Week 5k Training Plan

Here is a three-week training plan that you can use if you're just getting started or adding a 5k race to your training schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alternate: Walk 4 minutes, Run 1 minute, Six circuits.	Rest or cross-train	Alternate: Walk 3 minutes, Run 1 minute, Seven circuits.	Rest or cross-train	Alternate: Walk 4 minutes, Run 2 minutes, Five circuits.	Rest or light stretching, yoga, etc.	Alternate: Walk 4 minutes, Run 2 minutes, Five circuits.
Alternate: Walk 4 minutes, Run 3 minute, Four circuits.	Rest or cross-train	Alternate: Walk 4 minutes, Run 4 minutes, Four circuits.	Rest or cross-train	Alternate: Walk 4 minutes, Run 5 minute, Three circuits.	Rest or light stretching, yoga, etc.	Alternate: Walk 4 minutes, Run 1 minute, Six circuits.
Alternate: Walk 3 minutes, Run 7 minute, Three circuits.	Rest or cross-train	Alternate: Walk 2 minutes, Run 8 minute, Three circuits.	Rest or cross-train	Alternate: Walk 1 minutes, Run 9 minute, Three circuits.	Rest or light stretching.	RACE DAY!

If you use our Palm Beach Mom Collective training schedule, we would love to see your progress and virtually train together! To participate, share your pictures on social media with the hashtags #PalmBeachMomCollective and #RunforReading5k.