

5K Training Program



Week	First Training Day	Second Training Day	Third Training Day
1	Run or Walk Briskly: 1 min Recovery Walk: 1 min <i>Repeat this 8 times</i>	Run or Walk Briskly: 1 min Recovery Walk: 1 min <i>Repeat this 8 times</i>	Run or Walk Briskly: 2 min Recovery Walk: 1 min <i>Repeat this 5 times</i>
2	Run or Walk Briskly: 2 min Recovery Walk: 1 min <i>Repeat this 5 times</i>	Run or Walk Briskly: 2 min Recovery Walk: 1 min <i>Repeat this 5 times</i>	Run or Walk Briskly: 3 min Recovery Walk: 1 min <i>Repeat this 4 times</i>
3	Run or Walk Briskly: 3 min Recovery Walk: 1 min <i>Repeat this 4 times</i>	Run or Walk Briskly: 3 min Recovery Walk: 1 min <i>Repeat this 4 times</i>	Run or Walk Briskly: 4 min Recovery Walk: 1 min <i>Repeat this 4 times</i>
4	Run or Walk Briskly: 4 min Recovery Walk: 1 min <i>Repeat this 4 times</i>	Run or Walk Briskly: 4 min Recovery Walk: 1 min <i>Repeat this 4 times</i>	Run or Walk Briskly: 2 min Recovery Walk: 1 min <i>Repeat this 7 times</i>
5	Run or Walk Briskly: 2 min Recovery Walk: 1 min <i>Repeat this 7 times</i>	Run or Walk Briskly: 2 min Recovery Walk: 1 min <i>Repeat this 7 times</i>	Run or Walk Briskly: 5 min Recovery Walk: 1 min <i>Repeat this 3 times</i>
6	Run or Walk Briskly: 5 min Recovery Walk: 1 min <i>Repeat this 3 times</i>	Run or Walk Briskly: 5 min Recovery Walk: 1 min <i>Repeat this 3 times</i>	Run or Walk Briskly: 6 min Recovery Walk: 1 min <i>Repeat this 3 times</i>
7	Run or Walk Briskly: 6 min Recovery Walk: 1 min <i>Repeat this 3 times</i>	Run or Walk Briskly: 6 min Recovery Walk: 1 min <i>Repeat this 3 times</i>	Run or Walk Briskly: 8 min Recovery Walk: 1 min <i>Repeat this 2 times</i>
8	Run or Walk Briskly: 8 min Recovery Walk: 1 min <i>Repeat this 2 times</i>	Run or Walk Briskly: 8 min Recovery Walk: 1 min <i>Repeat this 2 times</i>	Run or Walk Briskly: 5 min Recovery Walk: 1 min <i>Repeat this 4 times</i>
9	Run or Walk Briskly: 5 min Recovery Walk: 1 min <i>Repeat this 4 times</i>	Run or Walk Briskly: 5 min Recovery Walk: 1 min <i>Repeat this 4 times</i>	Run or Walk Briskly: 10 min Recovery Walk: 1 min <i>Repeat this 2 times</i>
10	Run or Walk Briskly: 8 min Recovery Walk: 1 min <i>Repeat this 2 times</i>	Run or Walk Briskly: 8 min Recovery Walk: 1 min <i>Repeat this 2 times</i>	Run or Walk Briskly: 10 min Recovery Walk: 1 min <i>Repeat this 2 times</i>
11	BRIGHT Run Event - September 10, 2022		

This program is not based on speed or distance; the ideal speed is what you are most comfortable with. When training for your first 5K walk or run, ensuring you give your body time to rest is just as important as the training itself. We recommend giving yourself at least 1 day of rest between each training day.