



## “Complete” 5k Training Plan

A walk-to-run program for your first 5k.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18
	Run 2 min Walk 1 min Repeat 4x	Active Rest	Run 3 min Walk 1 min Repeat 4x	Walk 30 min	Rest	Run 3 min Walk 1 min Repeat 5x	Active Rest
2	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25
	Run 2 min Walk 1 min Repeat 4x	Active Rest	Run 3 min Walk 2 min Repeat 4x	Walk 30 min	Rest	Run 4 min Walk 1 min Repeat 4x	Active Rest
3	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4
	Run 3 min Walk 1 min Repeat 4x	Active Rest	Run 4 min Walk 2 min Repeat 4x	Walk 30 min	Rest	Run 5 min Walk 1 min Repeat 4x	Active Rest
4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
	Run 3 min Walk 1 min Repeat 4x	Active Rest	Run 6 min Walk 2 min Repeat 3x	Walk 30 min	Rest	Run 4 min Walk 1 min Repeat 5x	Active Rest
5	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
	Run 4 min Walk 2 min Repeat 5x	Active Rest	Run 8 min Walk 2 min Repeat 3x	Walk 30 min	Rest	Run 5 min Walk 1 min Repeat 5x	Active Rest

### What should I do on Active Rest days?

Take a break from running but stay active. Some great choices would be yoga, an easy bike ride, a hike or a walk.


### Have questions about training?

Head to [Facebook.com/GazelleGirlHalfMarathon](https://www.facebook.com/GazelleGirlHalfMarathon). We would love to answer any questions you have and help you learn more about training for a 5k!



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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25
	Run 5 min Walk 2 min Repeat 4x	Active Rest	Run 10 min Walk 2 min Repeat 2x	Walk 30 min	Rest	Run 20 min	Active Rest
7	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1
	Run 6 min Walk 2 min Repeat 3x	Active Rest	Run 12 min Walk 2 min Repeat 2x	Walk 30 min	Rest	Run 25 min	Active Rest
8	Apr 2	Apr 3	Apr 4	Apr 5	Apr 6	Apr 7	Apr 8
	Run 7 min Walk 2 min Repeat 3x	Active Rest	Run 6 min Walk 2 min Repeat 3x	Walk 30 min	Rest	Run 30 min	Active Rest
9	Apr 9	Apr 10	Apr 11	Apr 12	Apr 13	Apr 14	Apr 15
	Run 6 min Walk 2 min Repeat 3x	Active Rest	Run 7 min Walk 2 min Repeat 3x	Walk 30 min	Rest	Run 25 min	Active Rest
10	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20	Apr 21	Apr 22
	Run 5 min Walk 2 min Repeat 3x	Active Rest	Run 4 min Walk 2 min Repeat 4x	Walk 30 min	Rest	Rest	

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