

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
W01	1 MILE WALK AND/OR RUN	REST DAY	1.5 MILE WALK AND/OR RUN	REST DAY	1 MILE WALK AND/OR RUN	HOME WORKOUT	REST DAY
W02	1.5 MILE WALK AND/OR RUN	REST DAY	1.5 MILE WALK AND/OR RUN	REST DAY	1 MILE WALK AND/OR RUN	HOME WORKOUT	REST DAY
W03	1.5 MILE WALK AND/OR RUN	REST DAY	2 MILE WALK AND/OR RUN	REST DAY	1 MILE WALK AND/OR RUN	HOME WORKOUT	REST DAY
W04	1.5 MILE WALK AND/OR RUN	REST DAY	2 MILE WALK AND/OR RUN	REST DAY	1.5 MILE WALK AND/OR RUN	HOME WORKOUT	REST DAY
W05	1.5 MILE WALK AND/OR RUN	REST DAY	3 MILE WALK AND/OR RUN	REST DAY	1 MILE WALK AND/OR RUN	HOME WORKOUT	REST DAY
W06	1 MILE WALK AND/OR RUN	REST DAY	1 MILE WALK AND/OR RUN	REST DAY	REST DAY	MASON 5K DAY!	LET'S CELEBRATE !

# 5K

## TRAINING GUIDE

SUGGESTED INTERVALS  
(RUN/WALK) IN MINUTES:

1:1.5

1:1

2:3

2:2

3:2

2:1

5:3

7:3

10:4