

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



### E - Easy Pace/Recovery Walk

An easy pace is conversational, comfortable and easily maintained. 30-60 seconds/miles slower than race pace. Walks are for recovery.

- A - 1 min on 1 min off
- B - 2 min on 1 min off
- C - 3 min on 1 min off
- D - 4 min on 1 min off
- E - 5 min on 1 min off



### Active Recovery

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

## "Complete" 5k Training Plan

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

SheRunsGR.com

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

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