

21-DAY

5K RUNNING PROGRAM

FOR BEGINNERS

WEEK 1: 1 MILE GOAL

1

1/2 mile
WALK

2

1/2 mile
WALK/
JOG

3

3/4 mile
WALK

4

3/4 mile
WALK/
JOG

5

1 mile
POWER
WALK

6

1 mile
WALK/
JOG

7

1 mile
JOG

LOG
TIME

WEEK 2: 2 MILE GOAL

8

1.25 miles
WALK

9

1.25 miles
WALK/
JOG

10

1.5 miles
WALK

11

1.5 miles
WALK/
JOG

12

1.75 miles
POWER
WALK

13

1.75 miles
WALK/
JOG

14

2 miles
JOG

LOG
TIME

WEEK 3: 3 MILE GOAL

15

2.25 miles
WALK

16

2.25 miles
WALK/
JOG

17

2.5 miles
WALK

18

2.5 miles
WALK/
JOG

19

2.75 miles
POWER
WALK

20

2.75 miles
WALK/
JOG

21

3.1 mile
JOG

LOG
TIME