

**Moving for Life: 10wks to 5K Training Schedule**

This program is designed to get you running 3 miles in about 10 weeks. Each session should take about 30 minutes, 3 days per week. Be sure to stretch after, and start each session with a 5 minute warm-up walk or jog. The training plan for each week is indicated on the calendar – you do not have to run on the exact dates indicated, do what works best for your schedule. Use this calendar to keep you on track and help you plan for success.

1	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	Relax!
2	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	Relax!
3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	5 min walk 9 min jog 5 min walk	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog 5 min walk	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min jog	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	<b>Race Day!</b>