Beginning Running Class at the Greenway
Beginner 5K Plan

Week	Week Of:	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	19-Mar	walk or XT	run 10-15 min	walk or XT	**run 10-15 min**	walk or XT	**1 mile**	0.0	
2	26-Mar	walk or XT	run 15-20 min	walk or XT	**run 15-20 min**	walk or XT	**1.5 mile**	0.0	
3	2-Apr	walk or XT	run 20-25 min	walk or XT	**run 20-25 min**	walk or XT	**1.75 mile**	0.0	
4	9-Apr	walk or XT	run 20-25 min	walk or XT	**run 20-25 min**	walk or XT	**2 mile**	0.0	
5	16-Apr	walk or XT	run 25-30 min	walk or XT	**run 25-30 min**	walk or XT	**2.25 mile**	0.0	
6	23-Apr	walk or XT	run 25-30 min	walk or XT	**run 25-30 min**	walk or XT	**2.5 mile**	0.0	
7	30-Apr	walk or XT	run 30 min	walk or XT	**run 30 min**	walk or XT	**2.75 mile**	0.0	
8	2-May	walk or XT	run 30 min	walk or XT	**run 30 min**	walk or XT	**Tails & Trails 5K**	0.0	

10 min. per mile pace	3 min run	1 min walk
11 min. per mile pace	2.5 min run	1 min walk
12 min. per mile pace	2 min run	1 min walk
13 min. per mile pace	1 min run	1 min walk

MY RUNNING LOG

Week	Dates	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	19-Mar								
2	26-Mar								
3	2-Apr								
4	9-Apr								
5	16-Apr								
6	23-Apr								
7	30-Apr								
8	2-May								