



5-Mile Beginner 4-Week Plan

This plan is to assist beginning runners and walkers who want to work up to 5 miles. Make sure you have good shoes and comfortable clothes. For this plan, you may either choose distance or time. If you will be walking only (with no running), for all times noted for running, walk at a brisk pace, and walk at a more relaxed pace for the walk times. If you are running, warm up for at least 10 minutes with brisk walking.

If you have any underlying health issues, check with your doctor before beginning any training plan. It is also important to listen to your body and progress at your own pace. The timed portion of this plan assumes a 13-minute running mile. If you are walking, increase the mile time by at least 3 minutes and up to 5 minutes.

Week 1

	Distance	Time
Day 1	Run 1 mile; walk 1 mile	Run 13 minutes; walk 16 minutes;
Day 2	Cross-train at least 45 minutes	Cross-train at least 45 minutes
Day 3	Run 1½ miles; walk ¾ mile; run ¼ mile	Run 13½ minutes; walk 12 minutes; run 3½ minutes
Day 4	Rest or cross-train	Rest or cross-train
Day 5	Cross-train at least 45 minutes	Cross-train at least 45 minutes
Day 6	Run 2 miles; walk 1 mile; run ¼ mile	Run 26 minutes; walk 16 minutes; run 3½ minutes
Day 7	Rest	Rest

Week 2

During week 2, you will be running (walking at a brisk pace) more than walking.

Day 1	Run 2 miles; walk ½ mile; run 1 mile	Run 26 minutes; walk 8 minutes; run 6½ minutes
Day 2	Cross-train at least 50 minutes	Cross-train at least 50 minutes
Day 3	Run 2 miles; walk ¼ mile; run 1 mile; walk ¼ mile	Run 26 minutes; walk 4 minutes; run 13 minutes; walk 4 minutes
Day 4	Rest or cross-train	Rest or cross-train

Day 5	Cross-train at least 50 minutes	Cross-train at least 50 minutes
Day 6	Run 2½ miles; walk ¼ mile; run 1 mile; walk ¼ mile.	Run 32½ minutes; walk 4 minutes; Run 13 minutes; walk 4 minutes
Day 7	Rest	Rest

Week 3

During week 3, you will be adding distance to the running sequence. This will get you ready for 5 full miles!

Day 1	Run 2½ miles; walk ½ mile; run 1 mile	Run 32½ minutes; walk 8 minutes; run 6½ minutes
Day 2	Cross-train at least 60 minutes	Cross-train at least 60 minutes
Day 3	Run 3 miles; walk ¼ mile; run 1 mile; walk ¼ mile	Run 39 minutes; walk 4 minutes; run 13 minutes; walk 4 minutes
Day 4	Rest or cross-train	Rest or cross-train
Day 5	Easy 3 mile run	Easy 3 mile run
Day 6	Run 3½ miles; walk ¼ mile; run ½ mile; walk ¼ mile.	Run 45½ minutes; walk 4 minutes; Run 6½ minutes; walk 4 minutes
Day 7	Rest	Rest

Week 4

You've got this!!! Run or walk your 5 miles for the Montana Women's Run. Be proud of what you have accomplished!

Day 1	Run 3½ miles; walk ½ mile; run 1 mile	Run 45½ minutes; walk 8 minutes; run 13 minutes
Day 2	Cross-train at least 30 minutes	Cross-train at least 30 minutes
Day 3	Run 4 miles; walk ¼ mile; run ½ mile; walk ¼ mile	Run 52 minutes; walk 4 minutes; run 8 minutes; walk 4 minutes
Day 4	Easy 3 mile run	Easy 3 mile run
Day 5	Rest	Rest
Day 6	Run 5 miles!	Run 65 minutes!
Day 7	Rest	Rest