



**Run for a Just Oakland :: March 24 2012**  
**5K Training Program for Beginners**

wk	sun	mon	tues	wed	thurs	fri	sat
1	29 jan <b>25-60min walk</b>	30 <b>rest or run/walk</b>	30 <b>1.5 run</b>	1 feb <b>rest or run/walk</b>	2 <b>1.5 run</b>	3 <b>rest</b>	4 <b>1.5 run</b>
2	5 <b>30-60min walk</b>	6 <b>rest or run/walk</b>	7 <b>1.75 run</b>	8 <b>rest or run/walk</b>	9 <b>1.5 run</b>	10 <b>rest</b>	11 <b>1.75 run</b>
3	12 <b>35-60min walk</b>	13 <b>rest or run/walk</b>	14 <b>2 run</b>	15 <b>rest or run/walk</b>	16 <b>1.5 run</b>	17 <b>rest</b>	18 <b>2 run</b>
4	19 <b>40-60min walk</b>	20 <b>rest or run/walk</b>	21 <b>2.25 run</b>	22 <b>rest or run/walk</b>	23 <b>1.5 run</b>	24 <b>rest</b>	25 <b>2.25 run</b>
5	26 <b>45-60min walk</b>	27 <b>rest or run/walk</b>	28 <b>2.5 run</b>	29 <b>rest or run/walk</b>	1 march <b>2 run</b>	2 <b>rest</b>	3 <b>2.5 run</b>
6	4 <b>50-60min walk</b>	5 <b>rest or run/walk</b>	6 <b>2.75 run</b>	7 <b>rest or run/walk</b>	8 <b>2 run</b>	9 <b>rest</b>	10 <b>2.75 run</b>
7	11 <b>55-60min walk</b>	12 <b>rest or run/walk</b>	13 <b>3 run</b>	14 <b>rest or run/walk</b>	15 <b>2 run</b>	16 <b>rest</b>	17 <b>3 run</b>
8	18 <b>60min walk</b>	19 <b>rest or run/walk</b>	20 <b>3 run</b>	21 <b>rest or run/walk</b>	22 <b>2 run</b>	23 <b>rest</b>	24 <b>5K</b>

**\*\* all distances in miles**