



8-WEEK 5K RUNNING PROGRAM

Week	Day 1	Day 2	Day 3
1	2 minute run + 3 minute walk 6 reps	2 minute run + 3 minute walk 6 reps	2 minute run + 2 minute walk 6 reps
2	2.5 minute run + 2 minute walk 5 reps	2.5 minute run + 2 minute walk 6 reps	3 minute run + 2 minute walk 5 reps
3	3 minute run + 2 minute walk 5 reps	4 minute run + 2 minute walk 4 reps	4 minute run + 2 minute walk 4 reps
4	5 minute run + 2 minute walk 3 reps	5 minute run + 2 minute walk 4 reps	6 minute run + 2 minute walk 3 reps
5	6 minute run + 2 minute walk 3 reps	7 minute run + 3 minute walk 3 reps	7 minute run + 3 minute walk 3 reps
6	7.5 minute run + 2 minute walk 3 reps	7.5 minute run + 2 minute walk 3 reps	8 minute run + 2 minute walk 3 reps
7	8 minute run + 2 minute walk 3 reps	8 minute run + 1 minute walk 3 reps	10 minute run + 2 minute walk 3 reps
8	15 minute run + 2 minute walk 2 reps	15 minute run + 1 minute walk 2 reps	Run your 5k!

*Recommend 3-5 minute walking warm up prior to beginning exercise session and 3-5 minute cool down after workout session is finished followed by 5-10 minutes of stretching and/or foam rolling

Created by Megan Peach, DPT, OCS, CSCS

Have Questions? Call us at Excel PT
406-556-0562

www.excelptmt.com

Unsure about starting a new exercise program? Please see this link to help you determine if you should see your doctor or medical provider first.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20047414>

Excel PT and its employees are not liable, either expressly or in an implied manner, nor claim any responsibility for any physical or emotional issue(s) that may occur directly or indirectly from following this running plan.