

15 Week Training Schedule to Prepare for 5k, 8k or 10-Mile Race

5k/8k Walk							
	SUN	MON	TUE	WED	THUR	FRI	SAT
Week 1			1 mile	rest	15 minutes	rest	15 minutes
Week 2	easy walk	rest	1.25 miles	rest	15 minutes	rest	15 minutes
Week 3	easy walk	rest	1.5 miles	rest	20 minutes	rest	20 minutes
Week 4	easy walk	rest	1.5 miles/2 miles	rest	20 minutes	rest	20 minutes
Week 5	easy walk	rest	1.75 miles/2.5 miles	rest	20 minutes	rest	20 minutes
Week 6	easy walk	rest	1.25 miles/2 miles	rest	20 min/25 min	rest	20 min/25 min
Week 7	easy walk	rest	2 miles/3 miles	rest	25 minutes	rest	25 min/30 min
Week 8	easy walk	rest	2 miles/3.5 miles	rest	25 min/30 min	rest	25 min/30 min
Week 9	easy walk	rest	2.5 miles	rest	30 minutes	rest	30 minutes
Week 10	easy walk	rest	1.5 miles/4 miles	rest	30 minutes	rest	30 minutes
Week 11	easy walk	rest	3 miles/2.5 miles	rest	30 minutes	rest	30 minutes
Week 12	easy walk	rest	1.5 miles/4.5 miles	rest	30 minutes	rest	30 minutes
Week 13	easy walk	rest	3.5 miles/3 miles	rest	30 minutes	rest	30 minutes
Week 14	easy walk	rest	2 miles/5 miles	rest	30 minutes	rest	30 minutes
Week 15	easy walk	rest	4 miles/3 miles	rest	30 minutes	rest	10 mile goal

Beginner 10 miles Walk							
	SUN	MON	TUE	WED	THUR	FRI	SAT
Week 1			2.5 miles	rest	30 minutes	rest	30 minutes
Week 2	easy walk	rest	3 miles	rest	30 minutes	rest	30-45 min
Week 3	easy walk	rest	3.5 miles	rest	30 minutes	rest	30-45 min
Week 4	easy walk	rest	4 miles	rest	30-45 min	rest	30-45 min
Week 5	easy walk	rest	4.5 miles	rest	30-45 min	rest	30-45 min
Week 6	easy walk	rest	5.25 miles	rest	30-45 min	rest	30-45 min
Week 7	easy walk	rest	3 miles	rest	30-45 min	rest	30-45 min
Week 8	easy walk	rest	6.25 miles	rest	30-45 min	rest	30-45 min
Week 9	easy walk	rest	3 miles	rest	30-45 min	rest	30-45 min
Week 10	easy walk	rest	7.5 miles	rest	30-45 min	rest	30-45 min
Week 11	easy walk	rest	3.5 miles	rest	30-45 min	rest	30-45 min
Week 12	easy walk	rest	8.75 miles	rest	30-45 min	rest	30-45 min
Week 13	easy walk	rest	4 miles	rest	30-45 min	rest	30-45 min
Week 14	easy walk	rest	10 miles	rest	30-45 min	rest	30-45 min
Week 15	easy walk	rest	4 miles	rest	30-45 min	rest	10 mile goal

Advanced 10 mile Walk							
	SUN	MON	TUE	WED	THUR	FRI	SAT
Week 1			3 miles	easy walk	30 minutes	easy walk	30-45 min
Week 2	easy walk	rest	4 miles	easy walk	30 minutes	easy walk	30-45 min
Week 3	easy walk	rest	5 miles	easy walk	30-45 min	easy walk	30-45 min
Week 4	easy walk	rest	4-6 miles	easy walk	30-45 min	easy walk	45-60 min
Week 5	easy walk	rest	pace training	easy walk	30-45 min	easy walk	45-60 min
Week 6	easy walk	rest	6-7 miles	easy walk	30-45 min	easy walk	45-60 min
Week 7	easy walk	rest	pace training	easy walk	30-45 min	easy walk	45-60 min
Week 8	easy walk	rest	7-8 miles	easy walk	30-45 min	easy walk	45-60 min
Week 9	easy walk	rest	pace training	easy walk	30-45 min	easy walk	45-60 min
Week 10	easy walk	rest	8-9 miles	easy walk	30-45 min	easy walk	45-60 min
Week 11	easy walk	rest	pace training	easy walk	30-45 min	easy walk	45-60 min
Week 12	easy walk	rest	9-10 miles	easy walk	30-45 min	easy walk	45-60 min
Week 13	easy walk	rest	4 miles	easy walk	30-45 min	easy walk	45-60 min
Week 14	easy walk	rest	10 miles	easy walk	30-45 min	easy walk	45-60 min
Week 15	50 min	rest	4 miles	easy walk	30 minutes	rest	10 mile goal

15 Week Training Schedule to Prepare for 5k, 8k or 10-Mile Race

5k/8k Run							
	SUN	MON	TUE	WED	THUR	FRI	SAT
Week 1			1-2 miles	walk	30 minutes	walk	30 minutes
Week 2	walk	rest	1-2 miles	walk	30 minutes	walk	30 minutes
Week 3	walk	rest	1-2 miles	walk	30-45 min	walk	30-45 min
Week 4	walk	rest	2 miles	walk	30-45 min	walk	30-45 min
Week 5	walk	rest	2-3 miles	walk	30-45 min	walk	30-45 min
Week 6	walk	rest	2-3 miles	walk	30-45 min	walk	30-45 min
Week 7	walk	rest	2-3 miles	walk	30-45 min	walk	30-45 min
Week 8	walk	rest	3 miles	walk	30-45 min	walk	30-45 min
Week 9	walk	rest	3 miles/3-4 miles	walk	30-45 min	walk	30-45 min
Week 10	walk	rest	3 miles/4-5 miles	walk	30-45 min	walk	30-45 min
Week 11	walk	rest	3 miles/4-5 miles	walk	30-45 min	walk	30-45 min
Week 12	walk	rest	3-4 miles/4 miles	walk	30-45 min	walk	30-45 min
Week 13	walk	rest	3-4 miles/5 miles	walk	30-45 min	walk	30-45 min
Week 14	walk	rest	3-4 miles/4 miles	walk	30-45 min	walk	30-45 min/walk
Week 15	walk/50 min	rest	30 min	rest	30 min/30-45 min	walk	10 mile goal
Beginner 10 mile Running							
	SUN	MON	TUE	WED	THUR	FRI	SAT
Week 1			2 miles	walk	30-45 min	walk	30-45 min
Week 2	walk	rest	2-3 miles	walk	30-45 min	walk	30-45 min
Week 3	walk	rest	3-4 miles	walk	30-45 min	walk	30-45 min
Week 4	walk	rest	3-4 miles	walk	30-45 min	walk	30-45 min
Week 5	walk	rest	4-5 miles	walk	30-45 min	walk	30-45 min
Week 6	walk	rest	5-6 miles	walk	30-45 min	walk	30-45 min
Week 7	walk	rest	6-7 miles	walk	30-45 min	walk	30-45 min
Week 8	walk	rest	7 miles	walk	30-45 min	walk	30-45 min
Week 9	walk	rest	7-8 miles	walk	30-45 min	walk	30-45 min
Week 10	walk	rest	8-9 miles	walk	30-45 min	walk	30-45 min
Week 11	walk	rest	5 miles	walk	30-45 min	walk	30-45 min
Week 12	walk	rest	8-9 miles	walk	30-45 min	walk	30-45 min
Week 13	walk	rest	5 miles	walk	30-45 min	walk	30-45 min
Week 14	walk	rest	30-45 min	walk	5 miles	walk	walk
Week 15	50 min	rest	30 min	rest	30 minutes	walk	10 mile goal
Advanced 10 mile Running							
	SUN	MON	TUE	WED	THUR	FRI	SAT
Week 1			4 miles	walk	30-45 min	walk	45-60 min
Week 2	walk	rest	4-5 miles	walk	45-60 min	walk	45-60 min
Week 3	walk	rest	4-6 miles	walk	50-75 min	x-train or rest	50-75 min
Week 4	walk	rest	5-7 miles	x-train	50-75 min	x-train or rest	50-75 min
Week 5	walk	rest	pace training	x-train	50-75 min	x-train or rest	50-75 min
Week 6	walk	rest	6-8 miles	x-train	50-75 min	x-train or rest	50-75 min
Week 7	walk	rest	pace training	x-train	50-75 min	x-train or rest	50-75 min
Week 8	walk	rest	8-10 miles	x-train	50-75 min	x-train or rest	50-75 min
Week 9	walk	rest	pace training	x-train	50-75 min	x-train or rest	50-75 min
Week 10	walk	rest	10-13 miles	x-train	50-75 min	x-train or rest	50-75 min
Week 11	walk	rest	pace training	x-train	50-75 min	x-train or rest	50-75 min
Week 12	walk	rest	8-10 miles	x-train	45-60 min	x-train or rest	30-45 min
Week 13	walk	rest	5 miles	x-train	50-75 min	x-train or rest	50-75 min
Week 14	walk	rest	30 minutes	x-train	50-75 min	x-train or rest	walk
Week 15	50 min	rest	2 miles	rest	30 minutes	rest	10 mile goal