

# 7 Weeks to a 5K 2019

Week	Workout 1	Workout 2	Workout 3
1	5 minute Walk followed by 8 Repetitions of the Following: * 60 Seconds of jogging * 90 Seconds of walking	5 minute Walk followed by 8 Repetitions of the Following: * 60 Seconds of jogging * 90 Seconds of walking	5 minute Walk followed by 8 Repetitions of the Following: * 60 Seconds of jogging * 90 Seconds of walking
2	5 minute Walk followed by 6 Repetitions of the Following: * 90 Seconds of jogging * 2 Minutes of walking	5 minute Walk followed by 6 Repetitions of the Following: * 90 Seconds of jogging * 2 Minutes of walking	5 minute Walk followed by 6 Repetitions of the Following: * 90 Seconds of jogging * 2 Minutes of walking
3	5 minute Walk followed by 2 Repetitions of the Following: * 90 Seconds of jogging * 90 Seconds of walking * 3 Minutes of jogging * 3 Minutes of walking	5 minute Walk followed by 2 Repetitions of the Following: * 90 Seconds of jogging * 90 Seconds of walking * 3 Minutes of jogging * 3 Minutes of walking	5 minute Walk followed by 2 Repetitions of the Following: * 90 Seconds of jogging * 90 Seconds of walking * 3 Minutes of jogging * 3 Minutes of walking
4	5 minute Walk followed by: * 3 Minutes of jogging * 90 Seconds of walking * 5 Minutes of jogging * 3 Minutes of walking * 3 Minutes of jogging * 90 Seconds of walking * 5 Minutes of jogging	5 minute Walk followed by: * 3 Minutes of jogging * 90 Seconds of walking * 5 Minutes of jogging * 3 Minutes of walking * 3 Minutes of jogging * 90 Seconds of walking * 5 Minutes of jogging	5 minute Walk followed by: * 3 Minutes of jogging * 90 Seconds of walking * 5 Minutes of jogging * 3 Minutes of walking * 3 Minutes of jogging * 90 Seconds of walking * 5 Minutes of jogging
5	5 minute Walk followed by: * 5 Minutes of jogging. * 3 Minutes of walking * 5 Minutes of jogging * 3 Minutes of walking * 5 Minutes of jogging	5 minute Walk followed by: * 8 Minutes of jogging. * 5 Minutes of walking * 8 Minutes of jogging	5 minute Walk followed by: * 10 Minutes of jogging. * 4 Minutes of walking * 8 Minutes of jogging
6	5 minute Walk followed by: * 5 Minutes of jogging. * 3 Minutes of walking * 8 Minutes of jogging * 3 Minutes of walking * 5 Minutes of jogging	5 minute Walk followed by: * 10 Minutes of jogging. * 3 Minutes of walking * 10 Minutes of jogging	5 minute Walk followed by: * 10 Minutes of jogging. * 2 Minutes of walking * 10 Minutes of jogging
7	5 minute Walk followed by: * 28 Minutes of jogging	5 minute Walk followed by: * 10 Minutes of jogging. * 3 Minutes of walking * 10 Minutes of jogging Make sure this is at least 2 days before Race Day	5 minute Walk followed by: ***5K Race