



## 12 Week 5K Beginning Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK 1	1	1	Off	1	Off	1.5	Off
WK 2	1	1	Off	1.5	Off	2	Off
WK 3	1.5	1	Off	1.5	Off	2	Off
WK 4	2	1.5	Off	2	Off	2	Off
WK 5	2	1.5	Off	2	Off	2.5	Off
WK 6	2	1.5	Off	2	Off	2.5	Off
WK 7	2	1.5	Off	2	Off	2.5	Off
WK 8	2.5	1.5	Off	2	Off	3	Off
WK 9	2.5	1.5	Off	2	Off	4	Off
WK 10	2.5	2	Off	2	Off	4	Off
WK 11	3	2	Off	3	Off	5	Off
WK 12	3	2	Off	3	Off	5K Run	Off

All workouts are in miles – if you have not been doing activity walk the first two weeks

All running and walking efforts should be kept at between 65% and 85% of MHR.

Training program is presented as a public service and Coach Rozy Performance assumes no liability

Please consult your physician before attempting any workout program

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