

BEGINNER RUNNING SCHEDULE

Program: 5K Foundation Goal: Consistency

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
01	<i>Rest</i>	1.5	<i>Rest</i>	1.5	<i>Rest</i>	2.0	<i>Rest</i>	5.0
02	<i>Rest</i>	1.5	<i>Rest</i>	1.5	<i>Rest</i>	2.5	<i>Rest</i>	5.5
03	<i>Rest</i>	2.0	<i>Rest</i>	2.0	<i>Rest</i>	2.5	<i>Rest</i>	6.5
04	<i>Rest</i>	2.0	<i>Rest</i>	2.0	<i>Rest</i>	3.0	<i>Rest</i>	7.0
05	<i>Rest</i>	2.5	<i>Rest</i>	2.5	<i>Rest</i>	3.5	<i>Rest</i>	8.5

* All distances are in Miles. Listen to your body and adjust as needed.