



5k Training Plan

~ for non-runners ~

Run (or walk) With Us!

Run 4 The Hills 5k ~ October 4, 2025

To benefit Here For the Girls in Williamsburg, VA.

M	T	W	T	F	S	S
REST	WALK 20 MINS	RUN 1 MIN WALK 2 MINS x 7	REST	WALK 20 MINS	RUN 1 MIN WALK 2 MINS x 7	CROSS-TRAIN 30 MINS
REST	WALK 25 MINS	RUN 1 MIN WALK 2 MINS x 9	REST	WALK 25 MINS	RUN 1 MIN WALK 2 MINS x 9	CROSS-TRAIN 30 MINS
REST	WALK 30 MINS	RUN 2 MINS WALK 2 MINS x 7	REST	WALK 30 MINS	RUN 2 MINS WALK 2 MINS x 7	CROSS-TRAIN 30 MINS
REST	WALK 30 MINS	RUN 3 MINS WALK 2 MINS x 6	REST	WALK 30 MINS	RUN 3 MINS WALK 2 MINS x 6	CROSS-TRAIN 30 MINS
REST	WALK 35 MINS	RUN 4 MINS WALK 1 MINS x 6	REST	WALK 35 MINS	RUN 4 MINS WALK 1 MINS x 6	CROSS-TRAIN 30 MINS
REST	WALK 40 MINS	RUN 5 MINS WALK 1 MINS x 6	REST	WALK 20 MINS	RACE DAY!	REST AND RECOVER... YOU DID IT!

Notes

- Always warm up before each session and cool down after.
- Stay hydrated - Before. During. After.
- Maintain a balanced diet to fuel your body.
- Challenge yourself when you can.
- Rest if you feel overly fatigued or experience pain.

Alive & Thriving
Healthcare

4345 New Town Ave, Suite 200 C, Williamsburg, VA 23188
757-808-5352

Body. Skin. Mind. Health. Wellness.

