

### **Week 1: Foundation**

- **Day 1:** Run 1 min, walk 2 min (repeat 8x).
- **Day 2:** Cross-train (20 min) or Rest.
- **Day 3:** Run 1 min, walk 2 min (repeat 8x).
- **Day 4:** Rest.
- **Day 5:** Run 1 min, walk 2 min (repeat 8x).
- **Day 6:** Rest or Light Activity.
- **Day 7:** Rest.

### **Week 2: Building Endurance**

- **Day 8:** Run 2 miles (or 10 min run/1 min walk x 2).
- **Day 9:** Cross-train (30 min).
- **Day 10:** Run 1.5 miles (or intervals: 1 min run/1 min walk).
- **Day 11:** Rest.
- **Day 12:** Run 1.5 miles (or intervals: 2 min run/1 min walk).
- **Day 13:** Cross-train (30 min) or Rest.
- **Day 14:** Rest.

### **Week 3: Increasing Stamina**

- **Day 15:** Run 2.5 miles (or run 3 min/walk 1.5 min x 2).
- **Day 16:** Cross-train (40 min).
- **Day 17:** Run 2 miles (or 5 min run/3 min walk x 2).
- **Day 18:** Rest.
- **Day 19:** Run 2 miles (or intervals: 5 min run/2 min walk).
- **Day 20:** Cross-train or Strength Training.
- **Day 21:** Rest.

### **Week 4: Race Prep & Taper**

- **Day 22:** Run 28 minutes (or 10 min run/1 min walk/run 7 min).
- **Day 23:** Rest or Light Cross-Train.

- **Day 24:** Run 30 minutes (or 20 min run/1 min walk/run 6 min).
- **Day 25:** Rest.
- **Day 26:** Run 20-25 minutes easy.
- **Day 27:** Rest.
- **Day 28: RACE DAY!** Run your 5K (3.1 miles)

### **Key Tips for Success**

- **Warm-up:** 5 mins brisk walk/dynamic stretches before runs.
- **Cool-down:** 5 mins easy walk/stretching after runs.
- **Listen to your body:** Adjust pace and rest as needed.
- **Cross-Training:** Biking, swimming, yoga build fitness without impact.
- **Strength:** Add bodyweight exercises (squats, lunges) on strength days.