

# BEGINNER QUARENTINE TO 5K

	MONDAY Base Run	TUESDAY Recovery	WEDNESDAY Strength	THURSDAY Base Run	FRIDAY Recovery	SATURDAY Long Run	SUNDAY Strength
<b>WEEK 1</b>	<u>1 MILE</u> Run for 1 minute, walk for 1 minute	Active Recovery Day	STRENGTH TRAINING	<u>1 MILE</u> Run for 2 minutes, walk for 30 sec.	Active Recovery Day	<b>1.5 miles</b>	STRENGTH TRAINING
<b>WEEK 2</b>	<u>1.5 MILES</u> Run for 3 minutes, walk for 30 sec.	Active Recovery Day	STRENGTH TRAINING	<u>1.5 MILES</u> Run for 1 minute, walk for 1 minute	Active Recovery Day	<b>2 miles</b>	STRENGTH TRAINING
<b>WEEK 3</b>	<u>1.5 MILES</u> Run for 4 minutes, walk for 1 minute	Active Recovery Day	STRENGTH TRAINING	<u>1.5 MILES</u> Run for 1 minute, walk for 1 minute	Active Recovery Day	<b>2.5 miles</b>	STRENGTH TRAINING
<b>WEEK 4</b>	<u>2 MILES</u> Run for 5 minutes, walk for 30 sec.	Active Recovery Day	STRENGTH TRAINING	<u>2 MILES</u> Run for 4 minutes, walk for 1 minute	Active Recovery Day	<b>2.5 miles</b>	STRENGTH TRAINING
<b>WEEK 5</b>	<u>2.5 MILES</u> Run for 8 minutes, walk for 30 sec.	Active Recovery Day	STRENGTH TRAINING	<u>1.5 MILES</u> Run for as long as you are able	Active Recovery Day	<b>3 miles</b>	STRENGTH TRAINING
<b>WEEK 6</b>	<u>2 MILES</u> Run for 10 minutes, walk for 1 minute	Active Recovery Day	STRENGTH TRAINING	<u>1.5 MILES</u> Brisk walk or jog	Active Recovery Day	<b>5 K</b>	STRENGTH TRAINING

Note: This is a guide, you can change it to better fit your schedule. For example, if Saturday's do not work for your 'long run', try Friday's!

## ADVANCED QUARENTINE TO 5K

	<b>MONDAY</b> Base Run	<b>TUESDAY</b> Recovery	<b>WEDNESDAY</b> Strength	<b>THURSDAY</b> Base Run	<b>FRIDAY</b> Recovery	<b>SATURDAY</b> Long Run	<b>SUNDAY</b> Strength
<b>WEEK 1</b>	<u>1 MILE</u> Run for 2 minutes, walk for 1 minute	Active Recovery Day	STRENGTH TRAINING	<u>1 MILE</u> Run for 4 minutes, walk for 30 sec.	Active Recovery Day	<b>2 miles</b>	STRENGTH TRAINING
<b>WEEK 2</b>	<u>1.5 MILES</u> Run for 4 minutes, walk for 30 sec.	Active Recovery Day	STRENGTH TRAINING	<u>1.5 MILES</u> Run for 4 minutes, walk for 1 minute	Active Recovery Day	<b>2 miles</b>	STRENGTH TRAINING
<b>WEEK 3</b>	<u>1.5 MILES</u> Run for 5 minutes, walk for 1 minute	Active Recovery Day	STRENGTH TRAINING	<u>1.5 MILES</u> Run for 2 minutes, walk for 1 minute	Active Recovery Day	<b>2.5 miles</b>	STRENGTH TRAINING
<b>WEEK 4</b>	<u>2 MILES</u> Run for 8 minutes, walk for 30 sec.	Active Recovery Day	STRENGTH TRAINING	<u>2 MILES</u> Run for 4 minutes, walk for 1 minute	Active Recovery Day	<b>2.5 miles</b>	STRENGTH TRAINING
<b>WEEK 5</b>	<u>2.5 MILES</u> Run for 10 minutes, walk for 30 sec.	Active Recovery Day	STRENGTH TRAINING	<u>2 MILES</u> Run for as long as you are able	Active Recovery Day	<b>3 miles</b>	STRENGTH TRAINING
<b>WEEK 6</b>	<u>2 MILES</u> Run for 12 minutes, walk for 1 minute	Active Recovery Day	STRENGTH TRAINING	<u>2 MILES</u> Brisk walk or jog	Active Recovery Day	<b>5 K</b>	STRENGTH TRAINING

Note: This is a guide, you can change it to better fit your schedule. For example, if Saturday's do not work for your 'long run', try Friday's!