



2026 5K Training Plan

WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
1	APRIL 13-APRIL 19	rest or run/walk	1.75 mi run	rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
2	APRIL 20-APRIL 26	rest or run/walk	2 mi run	rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
3	APRIL 27-MAY 3	rest or run/walk	2.25 mi run	rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
4	MAY 4-MAY 10	rest or run/walk	2.5 mi run	rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
5	May 11-MAY 17	rest or run/walk	2.75 run	rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
6	MAY 18-MAY 24	rest or run/walk	3 mi run	rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
7	MAY 25-May 31	rest or run/walk	3 mi run	rest or run/walk	2 mi run	Rest	HWP 5K	Rest!