



Providence Heart to Start

5k Training Program



Week	Monday	Tuesday	Wednesday**	Thursday	Friday	Saturday	Sunday
1	walk 20 min - moderate pace	off	5 minute warmup + five repeats of 1 minute run / 2 minute walk	off	5 minute warmup + five repeats of 1 minute run / 2 minute walk	off	5 minute warmup + five repeats of 1 minute run / 2 minute walk
2	walk 20 min - moderate pace	off	5 minute warmup + five repeats of 1 minute run / 2 minute walk	off	5 minute warmup + five repeats of 1 minute run / 2 minute walk	off	5 minute warmup + five repeats of 1 minute run / 2 minute walk
3	walk 20 min - moderate pace	off	5 minute warmup + five repeats of 1:30 minute run / 2 minute walk	off	5 minute warmup + five repeats of 1:30 minute run / 2 minute walk	off	5 minute warmup + five repeats of 1:30 minute run / 2 minute walk
4	walk 20 min - moderate pace	off	5 minute warmup + five repeats of 2 minute run / 1:30 minute walk	off	5 minute warmup + five repeats of 2 minute run / 1:30 minute walk	off	5 minute warmup + five repeats of 2 minute run / 1:30 minute walk
5	walk 20 min - moderate pace	off	5 minute warmup + five repeats of 2:30 minute run / 1:30 minute walk	off	5 minute warmup + five repeats of 2:30 minute run / 1:30 minute walk	off	5 minute warmup + five repeats of 2:30 minute run / 1:30 minute walk
6	walk 20 min - brisk pace	off	5 minute warmup + five repeats of 3 minute run / 1 minute walk	off	5 minute warmup + five repeats of 3 minute run / 1 minute walk	off	5 minute warmup + five repeats of 3 minute run / 1 minute walk
7	walk 20 min - brisk pace	off	5 minute warmup + five repeats of 3:30 minute run / :30 seconds walk	off	5 minute warmup + five repeats of 3:30 minute run / :30 seconds walk	off	5 minute warmup + five repeats of 3:30 minute run / :30 seconds walk
8	walk 20 min - brisk pace	off	5 minute warmup + five repeats of 4 minute run / :30 seconds walk	off	5 minute warmup + five repeats of 4 minute run / :30 seconds walk	off	5 minute warmup + five repeats of 4 minute run / :30 seconds walk
9	walk 20 min - brisk pace	off	5 minute warmup + four repeats of 5 minute run / 1 minute walk	off	5 minute warmup + four repeats of 5 minute run / 1 minute walk	off	5 minute warmup + four repeats of 5 minute run / 1 minute walk
10	walk 30 min - moderate pace	off	5 minute warmup + four repeats of 6 minute run / :30 seconds walk	off	5 minute warmup + four repeats of 6 minute run / :30 seconds walk	off	5 minute warmup + four repeats of 6 minute run / :30 seconds walk
11	walk 30 min - moderate pace	off	5 minute warmup + four repeats of 7 minute run / :30 seconds walk	off	5 minute warmup + four repeats of 7 minute run / :30 seconds walk	off	5 minute warmup + four repeats of 7 minute run / :30 seconds walk
12	walk 30 min - moderate pace	off	5 minute warmup + four repeats of 8 minute run / :30 seconds walk	off	5 minute warmup + four repeats of 8 minute run / :30 seconds walk	off	5 minute warmup + four repeats of 8 minute run / :30 seconds walk
13	walk 30 min - moderate pace	off	5 minute warmup + three repeats of 9 minute run / :30 seconds walk	off	5 minute warmup + three repeats of 9 minute run / :30 seconds walk	off	Heart to Start 5k!

Before you begin this or any exercise program you should consult your physician. All physical movement involves risk of injuries. Proceed with caution and at your own risk. Find training tips and motivation on: www.Hearttostart.org