



Hartford Marathon Foundation 5K Training

Weeks to Race	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	Walk 30 Minutes	OFF	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes	OFF	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes
9	Walk 30 Minutes	OFF	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes	OFF	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes
8	Walk 30 Minutes	OFF	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes	OFF	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 4 Minutes, Run 2 Minutes, Repeat Four more times. Total Time: 30 Minutes
7	Walk 30 Minutes	OFF	Walk 3 1/2 minutes, Run 4 Minutes. Repeat three times. Total Time: 30 Minutes	OFF	Walk 3 1/2 minutes, Run 4 Minutes, Repeat three times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 3 1/2 minutes, Run 4 Minutes, Repeat three times. Total Time: 30 Minutes
6	Walk 30 Minutes	OFF	Walk 2 1/2 minutes, Run 5 Minutes. Repeat three times. Total Time: 30 Minutes	OFF	Walk 2 1/2 minutes, Run 5 Minutes, Repeat three times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 2 1/2 minutes, Run 5 Minutes, Repeat three times. Total Time: 30 Minutes
5	Walk 30 Minutes	OFF	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes	OFF	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes
4	Walk 30 Minutes	OFF	Walk 1 minutes, Run 9 minutes. Repeat Two more times. Total Time: 30 minutes	OFF	Walk 1 minutes, Run 9 minutes. Repeat Two more times. Total Time: 30 minutes	Walk 30 Minutes	Walk 1 minutes, Run 9 minutes. Repeat Two more times. Total Time: 30 minutes
3	Walk 30 Minutes	OFF	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	OFF	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	Walk 30 Minutes	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes
2	Walk 30 Minutes	OFF	Walk 1 minute, Run 14 minutes. Repeat once. Total Time: 30 minutes	OFF	Walk 1 minute, Run 14 minutes. Repeat once. Total Time: 30 minutes	Walk 30 Minutes	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes
1	Walk 30 Minutes	OFF	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	OFF	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	OFF	Walk 15 minutes or OFF.
Race Week	Race Day!	OFF or slow walk	OFF				

	Base Building
	Taper
	Race Day
	Recovery

Note: This is a basic progressive training schedule. Your actual mileage may vary!