

DASH4DIGNITY BEGINNER 5K TRAINING PLAN

NAME: _____

Day	Week 1 Activity	Day	Week 2 Activity	Day	Week 3 Activity	Day	Week 4 Activity
Sun	Rest or easy run/walk	Sun	Rest or easy run/walk	Sun	Rest or easy run/walk	Sun	Rest or easy run/walk
Mon	1.5 Mile Run/Walk	Mon	1.75 Mile Run/Walk	Mon	2.0 Mile Run/Walk	Mon	2.25 Mile Run/Walk
Tue	Rest or Easy Run/Walk	Tue	Rest or Easy Run/Walk	Tue	Rest or Easy Run/Walk	Tue	Rest or Easy Run/Walk
Wed	1.5 Mile Run/Walk	Wed	1.5 Mile Run/Walk	Wed	1.5 Mile Run/Walk	Wed	1.5 Mile Run/Walk
Thu	Rest Day	Thu	Rest Day	Thu	Rest Day	Thu	Rest Day
Fri	1.5 Mile Run	Fri	1.75 Mile Run	Fri	2.0 Mile Run	Fri	2.25 Mile Run
Sat	30-60 Min Walk	Sat	35-60 Min Walk	Sat	40-60 Min Walk	Sat	45-60 Min Walk
Day	Week 5 Activity	Day	Week 6 Activity	Day	Week 7 Activity	Day	Week 8 Activity
Sun	Rest or easy run/walk	Sun	Rest or easy run/walk	Sun	Rest or easy run/walk	Sun	Rest or easy run/walk
Mon	2.5 Mile Run/Walk	Mon	2.75 Mile Run/Walk	Mon	3.0 Mile Run/Walk	Mon	3.0 Mile Run/Walk
Tue	Rest or Easy Run/Walk	Tue	Rest or Easy Run/Walk	Tue	Rest or Easy Run/Walk	Tue	Rest or Easy Run/Walk
Wed	2.0 Mile Run/Walk	Wed	2.0 Mile Run/Walk	Wed	2.0 Mile Run/Walk	Wed	3.0 Mile Run/Walk
Thu	Rest Day	Thu	Rest Day	Thu	Rest Day	Thu	Rest Day
Fri	2.5 Mile Run	Fri	2.75 Mile Run	Fri	3.0 Mile Run	Fri	Rest Day
Sat	50-60 Min Walk	Sat	55-60 Min Walk	Sat	60 Min Walk	Sat	DASH DAY 5K!