EVANSTON RUNNING
0 to 5K TRAINING PROGRAM

WEEK	WORKOUT 1	WORKOUT 2	WORKOUT 3	STRENGTH WORKOUT
1	**Walk briskly 5 minutes.** Then alternate **30 secs slow running and 2 min of walking** for a total of 20 minutes	> repeat	> repeat	Simple strength routine for runners - 2 sets
2	**Walk briskly 5 minutes.** Then alternate **60 secs slow running and 2 min of walking** for a total of 20 minutes.	> repeat	> repeat	Simple strength routine for runners - 2 sets
3	**Walk briskly 5 minutes.** Then alternate **1 min slow running and 2 min of walking** for a total of 25 minutes.	> repeat	> repeat	Simple strength routine for runners - 2 sets
4	**Walk briskly 5 minutes.** Then alternate **90 sec slow running and 2 min of walking** for a total of 25 minutes.	> repeat	> repeat	Simple strength routine for runners - 2 sets
5	**Walk briskly 5 minutes.** Then alternate **90 sec slow running and 1 min of walking** for a total of 25 minutes.	> repeat	> repeat	IT band routine
6	**Walk briskly 5 minutes.** Then alternate **2 min slow running and 30 sec of walking** for a total of 25 minutes.	> repeat	> repeat	IT band routine
7	**Walk briskly 5 minutes.** Then alternate **5 min slow running and 2 min of walking** for a total of 25 minutes.	> repeat	> repeat	7-min strength routine for runners
8	**Walk briskly 5 minutes. Run slowly for 20 minutes.**	> repeat	> repeat	7-min strength routine for runners
9	**Walk briskly 5 minutes. Run slowly for 22 minutes.**	> repeat	> repeat	7-min strength routine for runners
10	**Walk briskly 5 minutes. Run slowly for 25 minutes.**	> repeat	> repeat	7-min strength routine for runners

5K - READY!