



DOWNTOWN DASH

5K FUN RUN/WALK

Ready to try a 5K? This plan will prepare you to run/walk 3.1 miles with the power of your very own body!

This **novice training plan** is designed for beginners who are planning for the Downtown Dash to be their first 5K. Remember, the race is May 18th, 2022!

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|--------------------|----------------------|--------------------|--------------------|---------------------|-------------------------------|------------------------------------|
| Friday 4/15 | Saturday 4/16 | Sunday 4/17 | Monday 4/18 | Tuesday 4/19 | Wednesday 4/20 | Thursday 4/21 |
| Rest or run/walk | 1.5 mile run | Rest or run/walk | 1.5 mile run | Rest | 1.5 mile run | 30 minute walk |
| Friday 4/22 | Saturday 4/23 | Sunday 4/24 | Monday 4/25 | Tuesday 4/26 | Wednesday 4/27 | Thursday 4/28 |
| Rest or run/walk | 1.75 mile run | Rest or run/walk | 1.5 mile run | Rest | 2 mile run | 40 minute walk |
| Friday 4/29 | Saturday 4/30 | Sunday 5/1 | Monday 5/2 | Tuesday 5/3 | Wednesday 5/4 | Thursday 5/5 |
| Rest or run/walk | 2.25 mile run | Rest or run/walk | 1.5 mile run | Rest | 2.5 mile run | 50 minute walk |
| Friday 5/6 | Saturday 5/7 | Sunday 5/8 | Monday 5/9 | Tuesday 5/10 | Wednesday 5/11 | Thursday 5/12 |
| Rest or run/walk | 2.75 mile run | Rest or run/walk | 2 mile run | Rest | 3 mile run | 60 minute walk |
| Friday 5/13 | Saturday 5/14 | Sunday 5/15 | Monday 5/16 | Tuesday 5/17 | Wednesday 5/18 | Thursday 5/19 |
| Rest or run/walk | 3 mile run | Rest or run/walk | 2 mile run | Rest | Downtown Dash 5K Fun Run/Walk | Rest & Relax You did it! |