

Mom Day 5k Beginner 12 Week Training Plan



Stronger Every Mile

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 18 th	Rest	Cross-Train for 15 minutes	Walk for 15 minutes	Run/Walk for 10 minutes (alternate every 2 minutes)	Walk for 15 minutes	Rest	Run/Walk for 10 minutes (alternate every 2 minutes)
February 25 th	Rest	Cross-Train for 15 minutes	Walk for 15 minutes	Run/Walk for 10 minutes (alternate every 2 minutes)	Walk for 15 minutes	Rest	Run/Walk for 10 minutes (alternate every 2 minutes)
March 3 rd	Rest	Cross-Train for 20 minutes	Walk for 20 minutes	Run/Walk for 15 minutes (alternate every 2 minutes)	Walk for 20 minutes	Rest	Run/Walk for 15 minutes (alternate every 2 minutes)
March 10 th	Rest	Cross-Train for 25 minutes	Walk for 20 minutes	Run/Walk for 15 minutes (alternate every 3 minutes)	Walk for 25 minutes	Rest	Run/Walk for 15 minutes (alternate every 3 minutes)

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March 17 th	Rest	Cross-Train for 30 minutes	Walk for 30 minutes	Run/Walk for 20 minutes (alternate every 4 minutes)	Walk for 30 minutes	Rest	Run/Walk for 20 minutes (alternate every 4 minutes)
March 24 th	Rest	Cross-Train for 30 minutes	Walk for 30 minutes	Run/Walk for 20 minutes (alternate every 4 minutes)	Walk for 30 minutes	Rest	Run/Walk for 20 minutes (alternate every 4 minutes)
March 31 st	Rest	Cross-Train for 30 minutes	Walk for 35 minutes	Run/Walk for 25 minutes (alternate every 5 minutes)	Walk for 35 minutes	Rest	Run/Walk for 25 minutes (alternate every 5 minutes)
April 7 th	Rest	Cross-Train for 30 minutes	Walk for 35 minutes	Run/Walk for 25 minutes (alternate every 5 minutes)	Walk for 35 minutes	Rest	Run/Walk for 25 minutes (alternate every 5 minutes)

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 14 th	Rest	Cross-Train for 30 minutes	Walk for 40 minutes	Run/Walk for 30 minutes (alternate every 5 minutes)	Walk for 40 minutes	Rest	Run/Walk for 30 minutes (alternate every 5 minutes)
April 21 st	Rest	Cross-Train for 30 minutes	Walk for 40 minutes	Run/Walk for 35 minutes (run as long as able before walk breaks)	Walk for 40 minutes	Rest	Run/Walk for 35 minutes (run as long as able before walk breaks)
April 28 th	Rest	Cross-Train for 30 minutes	Walk for 45 minutes	Run/Walk for 40 minutes (run as long as able before walk breaks)	Walk for 45 minutes	Rest	Run/Walk for 40 minutes (run as long as able before walk breaks)
May 5 th	Rest	Cross-Train for 30 minutes	Walk for 40 minutes	Run/Walk for 40 minutes (run as long as able before walk breaks)		Rest	Walk or rest and get ready for tomorrow's 5k!

*Cross-Train = elliptical, swimming, yoga, simply stretching and moving your body. The point here is to increase your cardiovascular capacity each week!