5K
Training Schedules

stjude.org/heroes

St. Jude Children's Research Hospital

St. Jude Heroes®

BEGINNER PLAN:

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	12	Run, Walk or Run/Walk 15 minutes	Cross Training	Run, Walk or Run/Walk 15 minutes	Run, Walk or Run/Walk 15 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 20 minutes	Rest or Easy Cross Train
	11	Run, Walk or Run/Walk 15 minutes	Cross Training	Run, Walk or Run/Walk 15 minutes	Run, Walk or Run/Walk 15 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 20 minutes	Rest or Easy Cross Train
	10	Run, Walk or Run/Walk 15 minutes	Cross Training	Run, Walk or Run/Walk 15 minutes	Run, Walk or Run/Walk 15 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 15 minutes	Rest or Easy Cross Train
	9	Run, Walk or Run/Walk 20 minutes	Cross Training	Run, Walk or Run/Walk 20 minutes	Run, Walk or Run/Walk 20 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 25 minutes	Rest or Easy Cross Train
	8	Run, Walk or Run/Walk 20 minutes	Cross Training	Run, Walk or Run/Walk 25 minutes	Run, Walk or Run/Walk 20 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 30 minutes	Rest or Easy Cross Train
	7	Run, Walk or Run/Walk 25 minutes	Cross Training	Run, Walk or Run/Walk 25 minutes	Run, Walk or Run/Walk 25 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 35 minutes	Rest or Easy Cross Train
	6	Run, Walk or Run/Walk 20 minutes	Cross Training	Run, Walk or Run/Walk 20 minutes	Run, Walk or Run/Walk 20 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 30 minutes	Rest or Easy Cross Train
	5	Run, Walk or Run/Walk 30 minutes	Cross Training	Run, Walk or Run/Walk 30 minutes	Run, Walk or Run/Walk 30 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 45 minutes	Rest or Easy Cross Train
	4	Run, Walk or Run/Walk 40 minutes	Cross Training	Run, Walk or Run/Walk 40 minutes	Run, Walk or Run/Walk 40 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 60 minutes	Rest or Easy Cross Train
	3	Run, Walk or Run/Walk 45 minutes	Cross Training	Run, Walk or Run/Walk 45 minutes	Run, Walk or Run/Walk 45 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 75 minutes	Rest or Easy Cross Train
	2	Run, Walk or Run/Walk 25 minutes	Cross Training	Run, Walk or Run/Walk 25 minutes	Run, Walk or Run/Walk 25 minutes	Rest or Easy Cross Train	Run, Walk or Run/Walk 30 minutes	Rest or Easy Cross Train
	1	Run, Walk or Run/Walk 20 minutes	Cross Training	Run, Walk or Run/Walk 20 minutes	Run, Walk or Run/Walk 20 minutes	Rest or Easy Cross Train	**RACE DAY** 3.1 miles	Easy Jog/Walk 10-15 minutes

INTERMEDIATE PLAN:

Date	Week(s) Until Race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Weekly Mileage
	12	Easy Pace 2.5 miles	Cross Training	Easy Pace 2.5 miles	Easy Pace 2.5 miles	Rest or Cross Train	Long Run 3 miles	Rest or Cross Train	10.5
	11	Easy Pace 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 3 miles	Rest or Cross Train	12
	10	Easy Pace 2.5 miles	Cross Training	Easy Pace 2.5 miles	Easy Pace 2.5 miles	Rest or Cross Train	Long Run 2.5 miles	Rest or Cross Train	10
	9	Easy Pace 3.5 miles	Cross Training	Track 3.5 miles	Easy Pace 3 miles	Rest or Cross Train	Long Run 4 miles	Rest or Cross Train	14
	8	Easy Pace 3.5 miles	Cross Training	Track 3.5 miles	Easy Pace 3.5 miles	Rest or Cross Train	Long Run 4.5 miles	Rest or Cross Train	15
	7	Easy Pace 4 miles	Cross Training	Track 4 miles	Easy Pace 3.5 miles	Rest or Cross Train	Long Run 5 miles	Rest or Cross Train	16.5
	6	Easy Pace 3.5 miles	Cross Training	Track 3.5 miles	Easy Pace 3.5 miles	Rest or Cross Train	Long Run 3 miles	Rest or Cross Train	13.5
	5	Easy Pace 5 miles	Cross Training	Track 4 miles	Easy Pace 4 miles	Rest or Cross Train	Long Run 6 miles	Rest or Cross Train	19
	4	Easy Pace 5 miles	Cross Training	Track 5 miles	Easy Pace 5 miles	Rest or Cross Train	Long Run 7 miles	Rest or Cross Train	22
	3	Easy Pace 6 miles	Cross Training	Easy Pace 6 miles	Easy Pace 5 miles	Rest or Cross Train	Long Run 8 miles	Rest or Cross Train	25
	2	Easy Pace 3.5 miles	Cross Training	Track 3.5 miles	Easy Pace 3.5 miles	Rest or Cross Train	Long Run 4 miles	Rest or Cross Train	14.5
	1	Easy Pace 3 miles	Cross Training	Easy Pace 3 miles	Easy Pace 3 miles	Rest or Easy Cross Train	**RACE DAY** 3.1 miles	Easy Jog/ Walk 10-15 minutes	12.1