



MARATHON

HALF MARATHON

10K

5K

St. Jude Heroes 5K Training Plan

Date	Week(s) until race	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	12	rest	1 mile	walk	1.5 miles	cross-training	1.5 miles	30 min. walk
	11	rest	1.5	walk	1.5	cross-training	1.5	35 min. walk
	10	rest	1.5	walk	1.5	cross-training	2	35 min. walk
	9	rest	1.5	walk	1.5	cross-training	2	40 min. walk
	8	rest	2	walk	2	cross-training	3	40 min. walk
	7	rest	2	walk	2	cross-training	3	45 min. walk
	6	rest	2.5	walk	2	cross-training	3	45 min. walk
	5	rest	2.5	walk	2	cross-training	4	45 min. walk
	4	rest	3	walk	2	cross-training	4	60 min. walk
	3	rest	3	walk	2	cross-training	5	60 min. walk
	2	rest	4	walk	2	cross-training	5	45 min. walk
	1	rest	4	walk	2	rest	3.1 – RACE DAY	rest

Know your goal. Visualize your success. Get out there. Have fun!