



2025 5K Walk to Run Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible and focus on feeding your body and letting it recover.



FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Run 1 Min. Walk 1 Min. Repeat 7 Times Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 Run 1 Min. Walk 1 Min. Repeat 5 Times; Strength Train	4 Active Recovery	5 Run 1 Min. Walk 1 Min. Repeat 5 Times; Strength Train	6 Active Recovery	7 Off/Rest	8 Run 2 Min. Walk 2 Min. Repeat 5 Times
9 Active Recovery; Walk or Play for 30 Minutes	10 Run 2 Min. Walk 2 Min. Repeat 5 Times; Strength Train	11 Active Recovery	12 Run 2 Min. Walk 3 Min. Repeat 6 Times; Strength Train	13 Active Recovery	14 Off/Rest	15 Run 3 Min. Walk 2 Min. Repeat 6 Times
16 Active Recovery; Walk or Play for 30 Minutes	17 Run 2 Min. Walk 4 Min. Repeat 8 Times; Strength Train	18 Active Recovery	19 Run 2 Min. Walk 4 Min. Repeat 5 Times; Strength Train	20 Active Recovery	21 Off/Rest	22 Run 3 Min. Walk 2 Min. Repeat 8 Times
23 Active Recovery; Walk or Play for 30 Minutes	24 Run 3 Min. Walk 3 Min. Repeat 7 Times; Strength Train	25 Active Recovery	26 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	27 Active Recovery	28 Off/Rest	



2025 5K Walk to Run Training

MARCH

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						¹ Run 3 Min. Walk 2 Min. Repeat 10 Times
² Active Recovery; Walk or Play for 30 Minutes	³ Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	⁴ Active Recovery	⁵ Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	⁶ Active Recovery	⁷ Off/Rest	⁸ Run 3 Min. Walk 2 Min. Repeat 11 Times
⁹ Active Recovery; Walk or Play for 30 Minutes	¹⁰ Run 3 Min. Walk 3 Min. Repeat 7 Times; Strength Train	¹¹ Active Recovery	¹² Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	¹³ Active Recovery	¹⁴ Off/Rest	¹⁵ Run 4 Min. Walk 2 Min. Repeat 8 Times
¹⁶ Active Recovery; Walk or Play for 30 Minutes	¹⁷ Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	¹⁸ Active Recovery	¹⁹ Run 3 Min. Walk 3 Min. Repeat 5 Times; Strength Train	²⁰ Active Recovery	²¹ Off/Rest	²² Run 4 Min. Walk 2 Min. Repeat 10 Times
²³ Active Recovery; Walk or Play for 30 Minutes	²⁴ Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	²⁵ Active Recovery	²⁶ Run 3 Min. Walk 1 Min. Repeat 5 Times; Strength Train	²⁷ Active Recovery	²⁸ Off/Rest	²⁹ Run 4 Min. Walk 1 Min. Repeat 8 Times
³⁰ Active Recovery; Walk or Play for 30 Minutes	³¹ Run 4 Min. Walk 1 Min. Repeat 6 Times; Strength Train					



2025 5K Walk to Run Training

APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Active Recovery	2 Run 4 Min. Walk 1 Min. Repeat 8 Times	3 2 Miles; Strength Train	4 Off/Rest	5 3 Miles- Run/ Walk at your pace- RPE 7
6 Active Recovery; Walk or Play for 30 Minutes	7 Strength Train	8 Run 4 Min. Walk 1 Min. Repeat 5 Times	9 Active Recovery	10 2 Miles- Run/ Walk at your own Pace	11 Off/Rest	12 Run 3 Min. Walk 2 Min. Repeat 7 Times
13 Active Recovery; Walk or Play for 30 Minutes	4 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	15 Active Recovery	16 Run 3 Min. Walk 3 Min. Repeat 5 Times	17 Active Recovery	18 Off/Rest	19 Run 3 Min. Walk 3 Min. Repeat 8 Times
20 Active Recovery; Walk or Play for 30 Minutes	21 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	22 Active Recovery	23 Run 3 Min. Walk 3 Min. Repeat 5 Times	24 Active Recovery	25 Off/Rest	26 Run 2 Min. Walk 2 Min. Repeat 5 Times
27 Active Recovery; Walk or Play for 30 Minutes	28 Strength Train	29 Run 2 Min. Walk 2 Min. Repeat 4 Times	30 Active Recovery			



2025 5K Walk to Run Training

MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Walk 2 Miles (Take time to prepare for race day)	2 Off/Rest	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31