



CORPORATE WELLNESS PROGRAM

Presented by Gwinnett Medical Center

Beginner 5K Run/ Walk

Program Type: 5k, Beginner

Description: Mix of walking and running to go from complete beginner to 5k runner.

Program Length: 6 weeks

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Run 1 min, Walk 2 min; 8x	Rest	Run 1 min, Walk 1 min; 10x	Rest	Run 1 min, Walk 1 min; 10x	40-60 min walk	Rest
2	Run 2 min, Walk 1 min; 8x	Rest	Run 4 min, Walk 2 min; 4x	Rest	Run 4 min, Walk 2 min; 4x	40-60 min walk	Rest
3	Run 6 min, Walk 2 min; 3x	Rest	Run 6 min, Walk 2 min; 3x	Rest	Run 8 min, Walk 2 min; 3x	40-60 min walk	Rest
4	Run 10 min, Walk 2 min; 2x	Rest	Run 12 min, Walk 2 min; 2x	Rest	Run 12 min, Walk 2 min; 2x	50-60 min walk	Rest
5	Run 15 min, Walk 2 min; 2x	Rest	Run 10 min, Walk 2 min; 3x	Rest	Run 30 min	60 min walk	Rest
6	Run 30 min	Rest	Run 20 min	Rest	30 min walk	5k	

