



Annual 5k 8 Week Training Guide

YOUR FIRST 5K STARTS HERE.

An 8 week beginner training plan from Cozad Community Physical Therapy.

Before You Start

Easy pace: You should be able to carry on a conversation.

Warm up: Walk 5 minutes before each run/walk workout.

Cool down: Walk 5 minutes afterward and gently stretch.

Rest matters: Recovery days are part of the training plan.

Listen to your body: Muscle soreness can be normal; sharp or persistent pain isn't.

Walking is welcome: There's no requirement to run the entire 5K.

Week 1 August 31st-September 6th		
Just Get Moving		
Day	Exercise	Notes
Monday	25 Minute Brisk Walk	
Tuesday	Run 1 Minute / Walk 2 Minutes x 7	
Wednesday	Rest & Gentle Stretching	
Thursday	Run 1 Minute / Walk 2 Minutes x 8	
Friday	Rest & Gentle Stretching	
Saturday	30 Minute Easy Walk	
Sunday	Rest & Gentle Stretching	

Week 2 September 7th-September 13th		
Find Your Rhythm		
Day	Exercise	Notes
Monday	30 Minute Brisk Walk	
Tuesday	Run 90 Seconds / Walk 2 Minutes x 7	



Annual 5k 8 Week Training Guide

Week 2 September 7th-September 13th		
Find Your Rhythm		
Wednesday	Rest & Gentle Stretching	
Thursday	Run 90 Seconds / Walk 2 Minutes x 8	
Friday	Rest & Gentle Stretching	
Saturday	35 Minute Easy Walk	
Sunday	Rest & Gentle Stretching	

Week 3 September 14th-September 20th		
Build Endurance		
Day	Exercise	Notes
Monday	30 Minute Brisk Walk	
Tuesday	Run 2 Minutes / Walk 2 Minutes x 7	
Wednesday	Rest & Gentle Stretching	
Thursday	Run 3 Minutes / Walk 2 Minutes x 6	
Friday	Rest & Gentle Stretching	
Saturday	40 Minute Walk / Run at an Easy Pace	
Sunday	Rest & Gentle Stretching	

Week 4 September 21st-September 27th		
Longer Running		
Day	Exercise	Notes
Monday	30 Minute Brisk Walk	



Annual 5k 8 Week Training Guide

Week 4 September 21st-September 27th		
Longer Running		
Tuesday	Run 4 Minutes / Walk 2 Minutes x 5	
Wednesday	Rest & Gentle Stretching	
Thursday	Run 5 Minutes / Walk 2 Minutes x 4	
Friday	Rest & Gentle Stretching	
Saturday	45 Minute Walk / Run at an Easy Pace	
Sunday	Rest & Gentle Stretching	

Week 5 September 28th-October 4th		
You're Halfway There!		
Day	Exercise	Notes
Monday	30 Minute Brisk Walk	
Tuesday	Run 6 Minutes / Walk 2 Minutes x 4	
Wednesday	Rest & Gentle Stretching	
Thursday	Run 8 Minutes / Walk 2 Minutes x 3	
Friday	Rest & Gentle Stretching	
Saturday	2 Mile Walk / Run at an Easy Pace	
Sunday	Rest & Gentle Stretching	

Week 6 October 5th-October 11th		
Build Your Distance		
Day	Exercise	Notes



Annual 5k 8 Week Training Guide

Week 6 October 5th-October 11th		
Build Your Distance		
Monday	30 Minute Brisk Walk	
Tuesday	Run 10 Minutes / Walk 2 Minutes x 3	
Wednesday	Rest & Gentle Stretching	
Thursday	Run 12 Minutes / Walk 2 Minutes x 2 Then 5 Minutes Easy Run/Walk	
Friday	Rest & Gentle Stretching	
Saturday	2.5 Mile Walk / Run	
Sunday	Rest & Gentle Stretching	

Week 7 October 12th-October 18th		
Almost Race Ready!		
Day	Exercise	Notes
Monday	25 Minute Brisk Walk	
Tuesday	Run 15 Minutes/Walk 2 Minutes/Run 15 Minutes	
Wednesday	Rest & Gentle Stretching	
Thursday	30 Minute Easy Run/Walk	
Friday	Rest & Gentle Stretching	
Saturday	3 Mile Walk / Run	
Sunday	Rest & Gentle Stretching	



Annual 5k 8 Week Training Guide

Week 8 October 19th-October 25th		
🎃 Race Week 🎃		
Day	Exercise	Notes
Monday	25 Minute Brisk Walk	
Tuesday	20 Minute Easy Run/Walk	
Wednesday	Rest & Gentle Stretching	
Thursday	15 Minute Easy Walk & Gentle Stretching	
Friday	Rest, Gentle Stretching & Hydrate	
Saturday	5K RACE DAY — 3.1 MILES!	
Sunday	YOU DID IT!	

BEGINNER TIP: Don't worry about speed. Your goal is to build endurance.

PT TIP: A good training pace should feel comfortable enough that you could speak in short sentences.

REMEMBER: You can repeat a week if your body needs more time.

PAIN ≠ PROGRESS: Stop and talk with a healthcare professional if you're experiencing persistent or worsening pain.