

QLife Virtual 5K Run/Walk/Roll: Sample 5K Training Program: Run/Walk Schedule

Week #:	1	2	3	4	5	6
Day 1	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk
	Alternate 6x	Alternate 5x	5 Min Jogging	20 Min Jogging	15 Min Jogging	28 Min Jogging
	60 Sec. Jogging	90 Sec Jogging	3 Min Walking	5 Min Walking	2 Min Walking	5 Min Walking
	90 Sec. Walking	2 Min Walking	5 Min Jogging	Total time of 30 min	15 Min Jogging	Total time of 38 min
	Total time of 20 min	Total time of 23 min	3 Min Walking		5 Min Walking	
			5 Min Jogging		Total time of 42 min	
			3 Min Walking			
		Total time of 29 min				
Day 2	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk
	Alternate 6x	3 Min Jogging	5 Min Jogging	20 Min Jogging	18 Min Jogging	35 Min Jogging
	60 Sec. Jogging	90 Sec. Walking	3 Min Walking	5 Min Walking	2 Min Walking	5 Min Walking
	90 Sec. Walking	5 Min Jogging	8 Min Jogging	Total time of 30 min	10 Min Jogging	Total time of 45 min
	Total time of 20 min	2.5 Min Walking	3 Min Walking		5 Min Walking	
		3 Min Jogging	5 Min Jogging		Total time of 40 min	
		90 Sec. Walking	3 Min Walking			
		5 Min Jogging	Total time of 32 min			
		2.5 Min Walking				
		Total time of 29 min				
Day 3	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Brisk 5 min warm-up walk	Rest
	Alternate 5x	3 Min Jogging	5 Min Jogging	15 Min Jogging	25 Min Jogging	
	90 Sec Jogging	90 Sec. Walking	3 Min Walking	2 Min Walking	5 Min Walking	
	2 Min Walking	5 Min Jogging	8 Min Jogging	15 Min Jogging	Total time of 35 min	
	Total time of 23 min	2.5 Min Walking	3 Min Walking	5 Min Walking		
		3 Min Jogging	5 Min Jogging	Total time of 42 min		
		90 Sec. Walking	3 Min Walking			
		5 Min Jogging	Total time of 32 min			
		2.5 Min Walking				
		Total time of 29 min				