

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Starter 1.5K and Starter 3K

Jogging Periods

Jog at a speed of approximately 5 RPE.

Walking Periods

Walk at a speed of approximately 3 RPE.

Race!

Jog at a speed of approximately 6 RPE.

Walk+Jog 5K and Walk+Jog 10K

Jogging Periods

Jog at a speed of approximately 6 RPE.

Walking Periods

Walk at a speed of approximately 4 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Beginner, Intermediate, and Advanced Training Plans

Recovery Days

Jog at a speed of approximately 4/5 RPE.

Pace Days

Jog at a speed of approximately 5/6 RPE.

Distance Days

Jog at a speed of approximately 5 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Always consult with your physician before starting any new exercise program!

Walk+Jog 5K

8 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 7 times</i>	Jog 1 min Walk 4 min <i>Repeat 7 times</i>
Week 2	Jog 1 min Walk 4 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 7 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3.5 times</i> Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3.5 times</i>
Week 3	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i>	Jog 1:45 min Walk 3:15 min <i>Repeat 7 times</i>	Jog 3 Walk 2 <i>Repeat 7 times</i>
Week 4	Jog 2 Walk 3 <i>Repeat 6 times</i>	Jog 2:15 min Walk 2:45 min <i>Repeat 7 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 7 times</i>
Week 5	Jog 2:30 min Walk 2:30 min <i>Repeat 6 times</i>	Jog 2:45 min Walk 2:15 min <i>Repeat 7 times</i>	Jog 3 Walk 2 <i>Repeat 7 times</i>
Week 6	Jog 3 min Walk 2 min <i>Repeat 6 times</i>	Jog 3:15 min Walk 1:45 min <i>Repeat 7 times</i>	Jog 26 minutes
Week 7	Jog 3:30 min Walk 1:30 min <i>Repeat 6 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 7 times</i>	Jog 30 minutes
Week 8	Jog 3:30 min Walk 1:30 min <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Race!

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Walk+Jog 5K

8 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 15 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
Week 2	Walk 35 minutes	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 5 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i> Jog 2:30 min Walk 2:30 min
Week 3	Walk 35 minutes	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 1:30 min Walk 3:30 min <i>Repeat 5 times</i>	Jog 2 min Walk 3 min <i>Repeat 3 times</i>
Week 4	Walk 40 minutes	Jog 2:15 min Walk 2:45 min <i>Repeat 6 times</i>	Jog 2 Walk 3 <i>Repeat 5 times</i>	Jog 3 Walk 2 <i>Repeat 6 times</i>
Week 5	Walk 40 minutes	Jog 2:45 min Walk 2:15 min <i>Repeat 6 times</i>	Jog 2:30 min Walk 2:30 min <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>
Week 6	Walk 45 minutes	Jog 3:15 min Walk 1:45 min <i>Repeat 6 times</i>	Jog 3 min Walk 2 min <i>Repeat 5 times</i>	Jog 26 minutes
Week 7	Walk 45 minutes	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 30 minutes
Week 8	Walk 50 minutes	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 15 min Walk 20 min	Race!

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Walk+Jog 5K

8 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 15 sec Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 4 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 4 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
Week 2	Walk 35 minutes	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 1 min Walk 4 min <i>Repeat 4 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 4 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i> Jog 2:30 min Walk 2:30 min
Week 3	Walk 35 minutes	Jog 1:45 min Walk 3:15 min <i>Repeat 5 times</i>	Jog 1:30 min Walk 3:30 min <i>Repeat 4 times</i>	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i>	Jog 2 min Walk 3 min <i>Repeat 3 times</i>
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Week 5	Walk 40 minutes	Jog 2:45 min Walk 2:15 min <i>Repeat 5 times</i>	Jog 2:30 min Walk 2:30 min <i>Repeat 4 times</i>	Jog 2:45 min Walk 2:15 min <i>Repeat 4 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>
Week 6	Walk 45 minutes	Jog 3:15 min Walk 1:45 min <i>Repeat 5 times</i>	Jog 3 min Walk 2 min <i>Repeat 4 times</i>	Jog 3:15 min Walk 1:45 min <i>Repeat 4 times</i>	Jog 26 minutes
Week 7	Walk 45 minutes	Jog 3:45 Walk 1:15 <i>Repeat 5 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 4 times</i>	Jog 30 minutes
Week 8	Walk 50 minutes	Jog 3:45 Walk 1:15 <i>Repeat 5 times</i>	Walk 35 minutes	Jog 15 min Walk 20 min	Race!

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Walk+Jog 5K

10 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 7 times</i>	Jog 1 min Walk 4 min <i>Repeat 7 times</i>
Week 2	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 7 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 7 times</i>
Week 3	Jog 1 min Walk 4 min <i>Repeat 6 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 7 times</i>	Jog 2 Walk 3 <i>Repeat 7 times</i>
Week 4	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>	Jog 2 min Walk 3 min <i>Repeat 7 times</i>	Jog 2:30 Walk 2:30 <i>Repeat 7 times</i>
Week 5	Jog 2 Walk 3 <i>Repeat 6 times</i>	Jog 2:15 min Walk 2:45 min <i>Repeat 7 times</i>	Jog 3 Walk 2 <i>Repeat 7 times</i>
Week 6	Jog 2:30 min Walk 2:30 min <i>Repeat 6 times</i>	Jog 2:45 min Walk 2:15 min <i>Repeat 7 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 7 times</i>
Week 7	Jog 3 min Walk 2 min <i>Repeat 6 times</i>	Jog 3:15 Walk 1:45 <i>Repeat 7 times</i>	Jog 4 min Walk 1 min <i>Repeat 7 times</i>
Week 8	Jog 3:30 Walk 1:30 <i>Repeat 6 times</i>	Jog 4 min Walk 1 <i>Repeat 7 times</i>	Jog 26 minutes
Week 9	Jog 4 min Walk 1 min <i>Repeat 6 times</i>	Jog 4:30 Walk 30 sec <i>Repeat 7 times</i>	Jog 29 minutes
Week 10	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Race!

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Walk+Jog 5K

10 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
Week 2	Walk 30 minutes	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>
Week 3	Walk 30 minutes	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>	Jog 2 Walk 3 <i>Repeat 6 times</i>
Week 4	Walk 35 minutes	Jog 2 min Walk 3 min <i>Repeat 6 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 5 times</i>	Jog 2:30 Walk 2:30 <i>Repeat 6 times</i>
Week 5	Walk 35 minutes	Jog 2:15 min Walk 2:45 min <i>Repeat 6 times</i>	Jog 2 Walk 3 <i>Repeat 5 times</i>	Jog 3 Walk 2 <i>Repeat 6 times</i>
Week 6	Walk 40 minutes	Jog 2:45 min Walk 2:15 min <i>Repeat 6 times</i>	Jog 2:30 min Walk 2:30 min <i>Repeat 5 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 6 times</i>
Week 7	Walk 40 minutes	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i>	Jog 3 min Walk 2 min <i>Repeat 5 times</i>	Jog 4 min Walk 1 min <i>Repeat 6 times</i>
Week 8	Walk 45 minutes	Jog 4 min Walk 1 <i>Repeat 6 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 26 minutes
Week 9	Walk 45 minutes	Jog 4:30 Walk 30 sec <i>Repeat 6 times</i>	Jog 4 min Walk 1 min <i>Repeat 5 times</i>	Jog 29 minutes
Week 10	Walk 50 minutes	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 15 min Walk 20 min	Race!

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Walk+Jog 5K

10 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 3 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 4 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
Week 2	Walk 30 minutes	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 3 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 4 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>
Week 3	Walk 30 minutes	Jog 1:30 Walk 3:30 <i>Repeat 5 times</i>	Jog 1 min Walk 4 min <i>Repeat 3 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 4 times</i>	Jog 2 Walk 3 <i>Repeat 6 times</i>
Week 4	Walk 35 minutes	Jog 2 min Walk 3 min <i>Repeat 5 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>	Jog 2 min Walk 3 min <i>Repeat 4 times</i>	Jog 2:30 Walk 2:30 <i>Repeat 6 times</i>
Week 5	Walk 35 minutes	Jog 2:15 min Walk 2:45 min <i>Repeat 5 times</i>	Jog 2 Walk 3 <i>Repeat 3 times</i>	Jog 2:15 min Walk 2:45 min <i>Repeat 4 times</i>	Jog 3 Walk 2 <i>Repeat 6 times</i>
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Week 8	Walk 45 minutes	Jog 4 min Walk 1 <i>Repeat 5 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 4 min Walk 1 <i>Repeat 4 times</i>	Jog 26 minutes
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Week 10	Walk 50 minutes	Jog 3:45 Walk 1:15 <i>Repeat 5 times</i>	Walk 35 min	Jog 15 min Walk 20 min	Race!

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Walk+Jog 5K

12 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 7 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 7 times</i>
Week 2	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 7 times</i>	Jog 1 min Walk 4 min <i>Repeat 7 times</i>
Week 3	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 7 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 7 times</i>
Week 4	Jog 1 min Walk 4 min <i>Repeat 6 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 7 times</i>	Jog 2 Walk 3 <i>Repeat 7 times</i>
Week 5	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>	Jog 2 min Walk 3 min <i>Repeat 7 times</i>	Jog 2:30 Walk 2:30 <i>Repeat 7 times</i>
Week 6	Jog 2 Walk 3 <i>Repeat 6 times</i>	Jog 2:15 min Walk 2:45 min <i>Repeat 7 times</i>	Jog 3 Walk 2 <i>Repeat 7 times</i>
Week 7	Jog 2:30 Walk 2:30 <i>Repeat 6 times</i>	Jog 2:45 min Walk 2:15 min <i>Repeat 7 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 7 times</i>
Week 8	Jog 3 min Walk 2 min <i>Repeat 6 times</i>	Jog 3:15 Walk 1:45 <i>Repeat 7 times</i>	Jog 4 min Walk 1 min <i>Repeat 7 times</i>
Week 9	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 7 times</i>	Jog 4:30 Walk 30 sec <i>Repeat 7 times</i>
Week 10	Jog 3:30 Walk 1:30 <i>Repeat 6 times</i>	Jog 4 min Walk 1 <i>Repeat 7 times</i>	Jog 26 minutes
Week 11	Jog 4 min Walk 1 min <i>Repeat 6 times</i>	Jog 4:30 Walk 30 sec <i>Repeat 7 times</i>	Jog 30 minutes
Week 12	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Race!

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Walk+Jog 5K

12 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>
Week 2	Walk 30 minutes	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
Week 3	Walk 30 minutes	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>
Week 4	Walk 30 minutes	Jog 1:30 Walk 3:30 <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 5 times</i>	Jog 2 Walk 3 <i>Repeat 6 times</i>
Week 5	Walk 35 minutes	Jog 2 min Walk 3 min <i>Repeat 6 times</i>	Jog 1:30 Walk 3:30 <i>Repeat 5 times</i>	Jog 2:30 Walk 2:30 <i>Repeat 6 times</i>
Week 6	Walk 35 minutes	Jog 2:15 min Walk 2:45 min <i>Repeat 6 times</i>	Jog 2 Walk 3 <i>Repeat 5 times</i>	Jog 3 Walk 2 <i>Repeat 6 times</i>
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Walk+Jog 5K

12 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 5 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 3 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 4 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 6 times</i>
Week 2	Walk 30 minutes	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 30 sec Walk 4:30 min <i>Repeat 3 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 4 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
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Week 12	Walk 50 minutes	Jog 3:45 Walk 1:15 <i>Repeat 5 times</i>	Walk 35 min	Jog 15 min Walk 20 min	Race!

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