



## Relentless Progress Moderate 5K Training Plan

This 8-week plan is for runners with some experience looking to improve their time and endurance. You'll train 3 to 5 days per week with rest or light movement between sessions. Goal: Finish a 5K in 30–35 minutes.



**Week 1** – 3–4 days/week

Jog 5 min + walk 1 min, repeat 4x.



**Week 2** – 3–4 days/week

Jog 8 min + walk 1 min, repeat 3x.



**Week 3** – 4 days/week

Jog 10 min + walk 1 min, repeat 2x, then jog 5 min.



**Week 4** – 4 days/week

Jog 15 min + walk 1 min, repeat 2x.



**Week 5** – 4–5 days/week

Jog 20 min, walk 2 min, jog 10 min.



**Week 6** – 4–5 days/week

Run 1.5 miles, walk 2 min, run 1.5 miles.



**Week 7** – 5 days/week

Run 2 miles, walk 2 min, run 1 mile.



**Week 8** – 2–3 days/week

Taper with 1–2 light jogs and 1 shakeout run. Race your 5K on the weekend!

## Tips for Success:

- Always begin with a 5-minute warm-up walk and finish with a cooldown and stretch.
- Repeat a week if needed—listen to your body and progress at your own pace.
- Focus on pacing, consistency, and building endurance.
- Trust your training—race day is just another run with a finish line!
- Share your journey using #RelentlessProgress5K.