

## BMS 5K Training

### Beginner Walk/Run

Week #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	½ mile	½ mile	Off	¾ mile	¾ mile	Off	1 mile
2	¾ mile	¾ mile	Off	1 mile	1 mile	Off	1 ¼ mile
3	¾ mile	1 mile	Off	1 ¼ mile	1 mile	Off	1 ½ mile
4	¾ mile	1 mile	Off	1 ½ mile	1 mile	Off	2 miles
5	1 mile	1 ¼ mile	Off	2 miles	1 ¼ mile	Off	2 ½ miles
6	1 mile	1 ¼ mile	Off	2 ½ miles	1 ¼ mile	Off	Race 3.1 miles

### Intermediate - Runner

Week #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	½ mile	¾ mile	Off	¾ mile	¾ mile	Off	1 mile
2	¾ mile	1 mile	Off	1 mile	1 mile	Off	1 ¼ mile
3	¾ mile	1 mile	Off	1 ¼ mile	1 ¼ mile	Off	1 ½ mile
4	¾ mile	1 ¼ mile	Off	1 ½ mile	1 ½ mile	Off	2 miles
5	1 mile	1 ¼ mile	Off	2 miles	1 ½ mile	Off	2 ½ miles
6	1 ¼ mile	1 ¼ mile	Off	2 ½ miles	1 ¼ mile	Off	Race 3.1 m