

8 WEEK

walk-to-run

5k



---

**TRAINING PLAN**

---

*Bethany Rutledge*

# Dear Athlete,



I'm glad you're here, and I hope you benefit from this 8-week 5k training plan originally published in conjunction with Bethany's book, *Courage to Tri*. I've left the following pages as B originally wrote them to preserve her unique style and sentiment. Looking forward to celebrating your big accomplishment in October! - John Rutledge

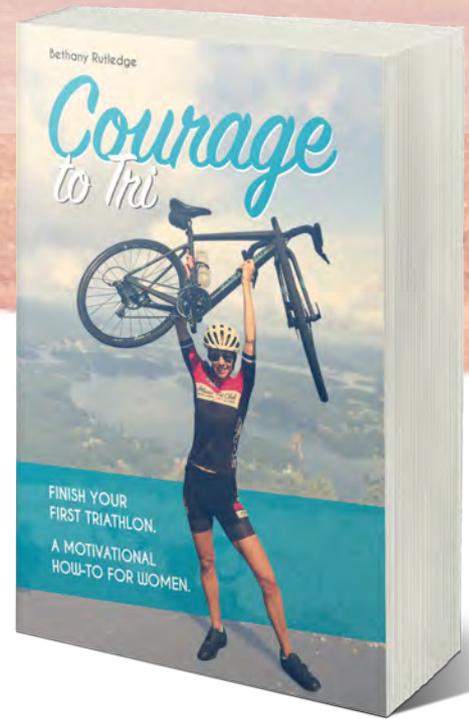
My name is Bethany—coach, author, sometimes-athlete, twin mom, and enthusiast of doing.

Real talk: I didn't start in triathlon as an endurance athlete. I had doubts about my ability to finish a mile run

I knew next-to-nothing about endurance sports. I thought triathlon was for uber-athletes, former Division I swimmers, and people who had life figured out.



# Dear athlete,



Endurance sports were confusing.  
And intimidating! But since,  
I've learned it doesn't have to be that way.

No seriously.

After getting so much out of the sport, I wanted to compile and share the many lessons learned along the way and give back to the sport that had given me so much.

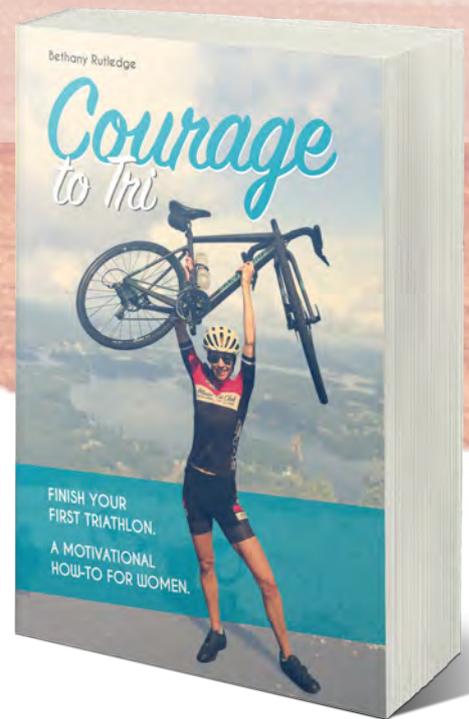
If you've ever thought tackling a 5k, sprint tri, or other event sounded awesome—but out of reach—I wrote *Courage to Tri* for you.

Let's overcome these challenges and cross your very own finish line, with the world's simplest 8 week 5k training plan.

You've got nothing to lose by tri-ing.

8 WEEK *5k*  
TRAINING PLAN

# Notes:



## Effort Levels:

Your walking warmup (WU) and cool down (CD) should always be easy (1-2/5 on our RPE (Rated Perceived Exertion) scale).

Your main set (MS) effort level should be moderate (3/5 on our RPE scale.)

If running in general is a 4 or 5/5 effort right now, don't worry about it! Running should become easier as your fitness progresses.

## Days:

You'll be training three days a week, denoted simply as Day 1, 2, and 3. You can pick any days that suit you, just be sure to space them out by at least a day.

8 WEEK *5k*

TRAINING PLAN

# Day 1 sessions:

## WEEKS

WU: 5 minutes easy walking  
MS:10( 60" run/ 60" walk)  
CD: 5 minutes walking

Total Time: 30'

WU: 5 minutes easy walking  
MS:10( 60" run/ 60" walk)  
CD: 5 minutes walking

Total Time: 30'

WU: 5 minutes easy walking  
MS: 10 (90" run/ 60" walk)  
CD: 5 minutes walking

Total Time: 35'

WU: 5 minutes easy walking  
MS: 8( 120" run/ 60" walk)  
CD: 6 minutes walking

Total Time: 35'

8

7

6

5

# Day 1 sessions:

## WEEKS

WU: 5 minutes easy walking  
MS:8( 120" run/ 60" walk)  
CD: 6 minutes walking

Total Time: 35'

WU: 5 minutes easy walking  
MS:6( 3' run/ 1' walk)  
CD: 6 minutes walking

Total Time: 35'

WU: 5 minutes easy walking  
MS:6( 3' run/ 1' walk)  
CD: 6 minutes walking

Total Time: 35'

WU: 5 minutes easy walking  
MS:4( 3' run/ 1' walk)  
CD: 4 minutes walking

Total Time: 25'

4

3

2

1

# Day 2 sessions:

## WEEKS

WU: 5 minutes easy walking  
MS:6( 30" run/ 60" walk)  
CD:6 minutes walking

Total Time: 20'

WU: 5 minutes easy walking  
MS:8( 30" run/ 60" walk)  
CD:3 minutes walking

Total Time: 20'

WU: 5 minutes easy walking  
MS:6( 60" run/ 60" walk)  
CD:3 minutes walking

Total Time: 20'

WU: 5 minutes easy walking  
MS:8( 60" run/ 60" walk)  
CD:3 minutes walking

Total Time: 20'

8

7

6

5

# Day 2 sessions:

## WEEKS

WU: 5 minutes easy walking  
MS:6( 90" run/ 60" walk)  
CD:5 minutes walking

Total Time: 25'

WU: 5 minutes easy walking  
MS:8( 90" run/ 60" walk)  
CD:5 minutes walking

Total Time: 30'

WU: 5 minutes easy walking  
MS:6( 90" run/ 60" walk)  
CD:5 minutes walking

Total Time: 25'

WU: 5 minutes easy walking  
MS:4( 90" run/ 60" walk)  
CD:5 minutes walking

Total Time: 20'

4

3

2

1

# Day 3 sessions:

## WEEKS

WU: 5 minutes easy walking

MS: 4 x .25 mile run with 60" walk between

CD: 5 minutes walking

Total Run Distance: 1 mile

8

WU: 5 minutes easy walking

MS: .5 miles run + 4 x .25 miles with 60" walk  
between

CD: 5 minutes walking

Total Run Distance: 1.5 miles

7

WU: 5 minutes easy walking

MS: 2 x .5 miles run + 4 x .25 miles with 60"  
walk between

CD: 5 minutes walking

Total Run Distance: 2 miles

6

WU: 5 minutes easy walking

MS: 1 mile run + 2 x .5 miles run + 2 x .25  
miles with 60" walk between

CD: 5 minutes walking

Total Distance: 2.5 miles

5

# Day 3 sessions:

## WEEKS

WU: 5 minutes easy walking

MS: 2 x 1 mile run + 2 x .5 miles with  
OPTIONAL 60" walk break between

CD:5 minutes walking

Total Distance: 3 miles

WU: 5 minutes easy walking

MS: 3 x 1 mile run with OPTIONAL 60" walk  
break between

CD:5 minutes walking

Total Distance:3 miles

WU: 5 minutes easy walking

MS: 2 mile run with OPTIONAL 60" walk  
break between

CD:5 minutes walking

Total Distance: 2 miles

WU: 5 minutes easy walking

MS: 5k Continuous!

CD:5 minutes walking

Total Distance: 5k

4

3

2

1

# Thanks for Reading,

Bethany was a gifted writer, exploring a number of topics which can be read on her website:

[BethanyRutledge.com](http://BethanyRutledge.com)

I hope you found this training plan helpful. Thank you for honoring her memory by participating in the Miles For Bethany 5k!

-John Rutledge

