



*My*  
**SAFELITE® CHALLENGE**  
2020



**5K TRAINING PLAN**  
**FOR BEGINNERS**

Whether you're training for the upcoming Safelite® Challenge or a local race, follow this six-week training plan to prepare for the big day.

WEEK 1

REST	RUN 1 MINUTE WALK 1 MINUTE REPEAT X 10	REST	RUN 2 MINUTES WALK 4 MINUTES REPEAT X 5	REST	REST	RUN 2 MINUTES WALK 4 MINUTES REPEAT X 5
------	--	------	---	------	------	---

WEEK 2

REST	RUN 3 MINUTES WALK 3 MINUTES REPEAT X 4	REST	RUN 3 MINUTES WALK 3 MINUTES REPEAT X 4	REST	REST	RUN 5 MINUTES WALK 3 MINUTES REPEAT X 3
------	---	------	---	------	------	---

WEEK 3

REST	RUN 7 MINUTES WALK 2 MINUTES REPEAT X 3	REST	RUN 8 MINUTES WALK 2 MINUTES REPEAT X 3	REST	REST	RUN 5 MINUTES WALK 3 MINUTES REPEAT X 3
------	---	------	---	------	------	---

WEEK 4

REST	RUN 8 MINUTES WALK 2 MINUTES REPEAT X 3	REST	RUN 10 MINUTES WALK 2 MINUTES REPEAT X 2 RUN 5 MINUTES	REST	REST	RUN 5 MINUTES WALK 3 MINUTES REPEAT X 3
------	---	------	---	------	------	---

WEEK 5

REST	RUN 9 MINUTES WALK 1 MINUTE REPEAT X 3	REST	RUN 12 MINUTES WALK 2 MINUTES REPEAT X 2 RUN 5 MINUTES	REST	REST	RUN 8 MINUTES WALK 2 MINUTES REPEAT X 3
------	--	------	---	------	------	---

WEEK 6

REST	RUN 15 MINUTES WALK 1 MINUTE REPEAT X 2	REST	RUN 8 MINUTES WALK 2 MINUTES REPEAT X 3	REST	REST	<b>RACE DAY</b>
------	---	------	---	------	------	-----------------