

4 Weeks to a 5k? According to verywell^{fit}, YES!

If you are a beginner runner, or it's been awhile since you ran, focus on running at a conversational pace-can speak in complete sentences while running-you shouldn't be breathing too heavily or gasping for air. If you find yourself out of breath, slow your pace or take a walk break. If running on a treadmill, begin at 4.0 mph and make slight increases until you feel like you've reached a conversational pace.

Here's the Plan

Week 1

- Day 1: Run 10 minutes, walk 1 minute, repeat 2 times
- Day 2: Rest or cross-train
- Day 3: Run 12 minutes, walk 1 minute, repeat 2 times
- Day 4: Rest
- Day 5: Run 13 minutes, walk 1 minute, repeat 2 times
- Day 6: Rest or cross-train
- Day 7: Rest

Week 2

- Day 1: Run 15 minutes, walk 1 minute, repeat 2 times
- Day 2: Rest or cross-train
- Day 3: Run 17 minutes, walk 1 minute, run 7 min
- Day 4: Rest
- Day 5: Run 19 minutes, walk 1 minute, run 7 min
- Day 6: Rest or cross-train
- Day 7: Rest

Week 3

- Day 1: Run 20 minutes, walk 1 minute, run 6 minutes
- Day 2: Rest or cross-train
- Day 3: Run 24 minutes
- Day 4: Rest
- Day 5: Run 26 minutes
- Day 6: Rest or cross-train
- Day 7: Rest

Week 4

- Day 1: Run 28 minutes
- Day 2: Rest or cross-train
- Day 3: Run 30 minutes
- Day 4: Rest
- Day 5: Run 20 minutes
- Day 6: Rest
- Day 7: Race! Run 3.1 miles

