

BEGINNER 5k TRAINING PLAN

	SUN	MON	TUE	WED	THU	FRI	SAT
1	REST	Cross training	Walk 2 min/ Run 30 sec REPEAT 5x	Brisk walk 15 minutes	5 min walk/2 min run/5 min walk	REST	5 min walk/ 2 min run/5min walk/2 min run/ 2 min walk
2	REST	Cross training	Walk 2 min/ Run 30 sec REPEAT 5x	Brisk walk 20 minutes	5 min walk/2 min run/5 min walk	REST	5 min walk/ 7 min run/5min walk
3	REST	Cross training	Walk 90 sec/ Run 30 sec REPEAT 6x	5 min walk/Run 3 min/ Walk 5 min	5 min walk/3 min run/5 min walk	Walk 10-15 mins EASY	2 min walk/10 min run/ 5-10 min walk
4	REST	Cross training	Walk 2 min/ Run 30 sec REPEAT 5x	Brisk walk 15 min/2 min run to finish	5 min walk/2 min run/5 min walk	Walk 10-15 mins EASY	15 min run/5 min walk
5	REST	Cross training	Walk 1 min/Run 90 sec REPEAT 5x/ Walk 2 min	Run 10 min/ Walk 5 min	5 min walk/5min run/5min walk	REST	20 min run/5 min walk
6	REST	Cross training	Walk 1 min/Run 90 sec REPEAT 5x/ Walk 2 min	Run 10 min/ Walk 5 min/5 min run to finish	5 min walk/5 min run/5 min walk	Walk 10-15 mins EASY	25 min run
7	REST	REST	15 min run/5 min walk	REST	15 min run/5 min walk	Walk 10-15 mins EASY	15 min run/5 min walk /5 min run
8	REST	Cross training	Walk 1 min/Run 1 min REPEAT 5x/ Walk 2 min	Brisk walk 5 min/ 10 min run/ 5 min walk	REST	REST	5K trail race

WEEK