



BEGINNER 5K TRAINING PLAN

Day / Week	Monday	Tuesday	Wednesday	Thursday - rest	Friday	Saturday	Sunday - rest
WEEK 1	Run for 1 minute Walk for 2 minutes - Repeat 6x	Workout	Run for 1 minute Walk for 2 minutes - Repeat 8x	Rest	Workout	Run for 2 minutes Walk for 2 minutes - Repeat 6x	Rest
WEEK 2	Run for 2 minutes Walk for 2 minutes - Repeat 6x	Workout	Run for 3 minutes Walk for 3 minute - Repeat 4x	Rest	Workout	Run for 5 minutes Walk for 3 minutes - Repeat 3x	Rest
WEEK 3	Run for 7 minutes Walk for 2 minutes - Repeat 3x	Workout	Run for 8 minutes Walk for 2 minutes - Repeat 3x	Rest	Workout	Run for 8 minutes Walk for 2 minutes - Repeat 3x	Rest
WEEK 4	Run for 8 minutes Walk for 2 minutes - Repeat 3x	Workout	Run for 10 minutes Walk for 2 minutes - Repeat 2x	Rest	Workout	Run for 8 minutes Walk for 2 minutes - Repeat 3x	Rest
WEEK 5	Run for 9 minutes Walk for 1 minute - Repeat 3x	Workout	Run for 12 minutes Walk for 2 minutes - Repeat 2x	Rest	Workout	Run for 8 minutes Walk for 2 minutes - Repeat 3x	Rest
WEEK 6	Run for 15 minutes Walk for 1 minutes - Repeat 2x	Workout	Run for 8 minutes Walk for 2 minutes - Repeat 3x	Rest	Workout	5k Run	Rest