

5K Training Plan – Beginner

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Warm up: Brisk walk for 5 min Workout: 10 x 1 min run/ 1 min walk (20 min total)	30-60 min Cross-training	Warm up: Brisk walk for 5 min Workout: 11 x 1 min run/ 1 min walk (22 min total)	Rest Day	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 10 x 90 sec run/ 1 min walk (25 min total)	Rest Day
2	Warm up: Brisk walk for 5 min Workout: 10 x 2 min run/ 1 min walk (30 min total)	30-60 min Cross-training	Warm up: Brisk walk for 5 min Workout: 11 x 2 min run/ 30 sec walk (27 min and 30 sec total)	Rest Day	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 10 x 2:30 min run/ 1 min walk (35 min total)	Rest Day
3	Warm up: 5 min brisk walk Workout: 8 x 3 min run/ 1 min walk (32 min total)	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 6 x 4 min run/ 1 min walk (30 min total)	Rest Day	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 6 x 5 min run/ 30 sec walk (33 min total)	Rest Day
4	Warm up: 5 min brisk walk Workout: 6 min run/1 min walk/ 5 min run/1 min walk/4 min run/ 1 min walk/3 min run/1 min walk (22 min total)	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 7 min run/ 30 sec walk/6 min run/30 sec walk/ 5 min run/30 sec walk/4 min run/30 sec walk/3 min run/30 sec walk (27 min and 30 sec total)	Rest Day	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 8 min run/2 min walk/ 8 min run/1 min walk/8 min run (27 min total)	Rest Day
5	Warm up: 5 min brisk walk Workout: 2 x 10 min run/ 1 min walk (22 min total)	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 12 min run/1 min walk/ 10 min run/1 min walk/5 min run/ 1 min walk (30 min total)	30-60 min cross-training	Warm up: 5 min brisk walk Workout: 2 x 12 min run/ 1 min walk (26 min total)	30-60 min Cross-training	Rest Day
6	Warm up: 5 min brisk walk Workout: 2 x 14 min run/ 1 min walk (30 min total)	30-60 min Cross-training	Warm up: 5 min brisk walk Workout: 28 min run	Rest Day	30-60 min Cross-training	Rest Day	30 min/ 3.1 mile run Congrats!