



# BEGINNER 5K TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY NOTES <small>IN THIS COLUMN, WRITE HOW LONG YOU WALKED AND HOW LONG YOU RAN (IN MINUTES).</small>
<b>WEEK 1</b>	REST	WALK 20-30 MINUTES	CROSS TRAIN OR REST	WALK 20-30 MINUTES	CROSS TRAIN	REST	WALK 20-30 MINUTES	
<b>WEEK 2</b>	REST	RUN/WALK 20 MINUTES	CROSS TRAIN OR REST	RUN/WALK 20 MINUTES	CROSS TRAIN	REST	RUN/WALK 20 MINUTES	
<b>WEEK 3</b>	REST	RUN/WALK 20 MINUTES	CROSS TRAIN OR REST	RUN/WALK 20 MINUTES	CROSS TRAIN	REST	RUN/WALK 20 MINUTES	
<b>WEEK 4</b>	REST	RUN 2 MIN WALK 2 MIN (20 MINUTES)	CROSS TRAIN OR REST	RUN 2 MIN WALK 2 MIN (20 MINUTES)	CROSS TRAIN	REST	RUN 2 MIN WALK 2 MIN (20 MINUTES)	
<b>WEEK 5</b>	REST	RUN 3 MIN, WALK 1 MIN (20 MINUTES)	CROSS TRAIN OR REST	RUN 3 MIN, WALK 1 MIN (20 MINUTES)	CROSS TRAIN	REST	RUN 3 MIN, WALK 1 MIN (20 MINUTES)	
<b>WEEK 6</b>	REST	RUN 3 MIN, WALK 30 SEC (20 MINUTES)	CROSS TRAIN OR REST	RUN 3 MIN, WALK 30 SEC (20 MINUTES)	CROSS TRAIN	REST	RUN 3 MIN, WALK 30 SEC (20 MINUTES)	
<b>WEEK 7</b>	REST	RUN 5 MIN, WALK 1 MIN (25 MINUTES)	CROSS TRAIN OR REST	RUN 5 MIN, WALK 1 MIN (25 MINUTES)	CROSS TRAIN	REST	RUN 5 MIN, WALK 1 MIN (25 MINUTES)	
<b>WEEK 8</b> <small>down week</small>	REST	RUN 6 MIN, WALK 1 MIN (30 MINUTES)	CROSS TRAIN OR REST	RUN 6 MIN, WALK 1 MIN (30 MINUTES)	CROSS TRAIN	REST	RUN 6 MIN, WALK 1 MIN (30 MINUTES)	
<b>WEEK 9</b>	REST	RUN 7 MIN, WALK 30 SEC (35 MINUTES)	CROSS TRAIN OR REST	RUN 7 MIN, WALK 30 SEC (35 MINUTES)	CROSS TRAIN	REST	RUN 8 MIN, WALK 30 SEC (35 MINUTES)	
<b>WEEK 10</b>	REST	RUN 9 MIN, WALK 1 MIN (40 MINUTES)	CROSS TRAIN OR REST	RUN 9 MIN, WALK 1 MIN (40 MINUTES)	CROSS TRAIN	REST	RUN 10 MIN, WALK 1 MIN (45 MINUTES)	
<b>WEEK 11</b> <small>taper begins</small>	REST	RUN 6 MIN, WALK 1 MIN (30 MINUTES)	CROSS TRAIN OR REST	RUN 6 MIN, WALK 1 MIN (30 MINUTES)	CROSS TRAIN	REST	RUN 5 MIN, WALK 30 SEC (25 MINUTES)	
<b>WEEK 12</b> <small>taper</small>	REST	RUN 5 MIN, WALK 1 MIN (25 MINUTES)	CROSS TRAIN OR REST	RUN 5 MIN, WALK 1 MIN (25 MINUTES)	CROSS TRAIN	REST	<b>5K DAY!</b> RUN AS MUCH AS YOU CAN AND WALK WHEN YOU NEED TO!	



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## **RUN/WALK DAYS**

You need to establish a running to walking ration baseline and then work to improve it each week. Your run segment may be 30 seconds, or it may be 2 minutes. Note what it is each week (on average) and then next week, aim to make the run portion a little longer. If by the end of week 3, you aren't running for 2 minutes, repeat week 3 until you can run for 2 minutes at a time! Starting at week 4, be sure to do a pre-run warm-up and/or walk for 5 minutes before starting the run portion.

## **CROSS-TRAINING**

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.