

BEGINNER 5K TRAINING PLAN

WEEK 1

DAY 1: WALK 15 MINUTES

DAY 2: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 3: WALK 15 MINUTES

DAY 4: REST

DAY 5: WALK 15 MINUTES

DAY 6: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 7: REST

WEEK 2

DAY 1: WALK 20 MINUTES

DAY 2: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 3: WALK 20 MINUTES

DAY 4: REST

DAY 5: WALK 25 MINUTES

DAY 6: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 7: REST

WEEK 3

DAY 1: WALK 25 MINUTES

DAY 2: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 3: WALK 25 MINUTES

DAY 4: REST

DAY 5: WALK 30 MINUTES

DAY 6: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 7: REST

WEEK 4

DAY 1: WALK 25 MINUTES

DAY 2: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 3: WALK 20 MINUTES

DAY 4: REST OR CROSS-TRAIN 20-30 MINUTES

DAY 5: WALK 30 MINUTES

DAY 6: WALK 30 MINUTES

DAY 7: REST



BEGINNER 5K TRAINING PLAN

WEEK 5

- DAY 1: WALK 25 MINUTES
- DAY 2: REST OR CROSS-TRAIN 20-30 MINUTES
- DAY 3: WALK 20 MINUTES
- DAY 4: REST OR CROSS-TRAIN 20-30 MINUTES
- DAY 5: WALK 30 MINUTES
- DAY 6: WALK 40 MINUTES
- DAY 7: REST

WEEK 6

- DAY 1: WALK 30 MINUTES
- DAY 2: REST OR CROSS-TRAIN 20-30 MINUTES
- DAY 3: WALK 30 MINUTES
- DAY 4: REST OR CROSS-TRAIN 20-30 MINUTES
- DAY 5: WALK 30 MINUTES
- DAY 6: REST
- DAY 7: RACE DAY!

