

INTERMEDIATE 5K TRAINING PLAN

WEEK 1

DAY 1: RUN 5 MINUTES, WALK 1 MINUTE. REPEAT 3 TIMES

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

DAY 3: RUN 6 MINUTES, WALK 1 MINUTE. REPEAT 3 TIMES

DAY 4: REST

DAY 5: RUN 7 MINUTES, WALK 1 MINUTE. REPEAT 3 TIMES

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

DAY 7: REST

WEEK 2

DAY 1: RUN 8 MINUTES, WALK 1 MINUTE. REPEAT 3 TIMES

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

DAY 3: RUN 9 MINUTES, WALK 1 MINUTE. REPEAT 3 TIMES

DAY 4: REST

DAY 5: RUN 10 MINUTES, WALK 1 MINUTE. REPEAT 2 TIMES

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

DAY 7: REST

WEEK 3

DAY 1: RUN 11 MINUTES, WALK 1 MINUTE. REPEAT 2 TIMES

DAY 2: CROSS-TRAIN 20-30 MINUTES

DAY 3: RUN 12 MINUTES, WALK 1 MINUTE. REPEAT 2 TIMES

DAY 4: REST

DAY 5: RUN 13 MINUTES, WALK 1 MINUTE. REPEAT 2 TIMES

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

DAY 7: REST

WEEK 4

DAY 1: RUN 15 MINUTES, WALK 1 MINUTE. REPEAT 2 TIMES

DAY 2: CROSS-TRAIN 20-30 MINUTES

DAY 3: RUN 17 MINUTES, WALK 1 MINUTE, RUN 7 MINUTES

DAY 4: REST

DAY 5: RUN 19 MINUTES, WALK 1 MINUTE, RUN 7 MINUTES

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

DAY 7: REST



BEGINNER 5K TRAINING PLAN

WEEK 5

DAY 1: RUN 20 MINUTES, WALK 1 MINUTE., RUN 6 MINUTES

DAY 2: CROSS-TRAIN 20-30 MINUTES

DAY 3: RUN 24 MINUTES

DAY 4: REST

DAY 5: RUN 26 MINUTES

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

DAY 7: REST

WEEK 6

DAY 1: RUN 28 MINUTES

DAY 2: CROSS-TRAIN 20-30 MINUTES

DAY 3: RUN 30 MINUTES

DAY 4: REST

DAY 5: RUN 20 MINUTES

DAY 6: REST

DAY 7: RACE DAY!

