

5K TRAINING PLAN

WEEK	1	2	3	4	5	6	7	8
DAY 1	RUN 1 MINUTE WALK 2 MINUTES (REPEAT 6 TIMES)	RUN 2 MINUTES WALK 2 MINUTES (REPEAT 6 TIMES)	RUN 3 MINUTES WALK 2 MINUTES (REPEAT 5 TIMES)	RUN 5 MINUTES WALK 3 MINUTES (REPEAT 3 TIMES)	RUN 7 MINUTES WALK 2 MINUTES (REPEAT 3 TIMES)	RUN 9 MINUTES WALK 3 MINUTES (REPEAT 3 TIMES)	RUN 15 MINUTES WALK 5 MINUTES (REPEAT 2 TIMES)	RUN 20 MINUTES WALK 5 MINUTES RUN 15 MINUTES
DAY 2	RUN 1 MINUTE WALK 2 MINUTES (REPEAT 8 TIMES)	RUN 2 MINUTES WALK 2 MINUTES (REPEAT 7 TIMES)	RUN 3 MINUTES WALK 2 MINUTES (REPEAT 6 TIMES)	RUN 5 MINUTES WALK 3 MINUTES (REPEAT 4 TIMES)	RUN 8 MINUTES WALK 3 MINUTES (REPEAT 3 TIMES)	RUN 8 MINUTES WALK 2 MINUTES (REPEAT 3 TIMES)	RUN 15 MINUTES WALK 5 MINUTES RUN 10 MINUTES	RUN 10 MINUTES WALK 3 MINUTES RUN 20 MINUTES
DAY 3	RUN 1 MINUTE WALK 2 MINUTES (REPEAT 10 TIMES)	RUN 2 MINUTES WALK 2 MINUTES (REPEAT 8 TIMES)	RUN 3 MINUTES WALK 2 MINUTES (REPEAT 7 TIMES)	RUN 5 MINUTES WALK 2 MINUTES (REPEAT 5 TIMES)	RUN 8 MINUTES WALK 3 MINUTES (REPEAT 3 TIMES)	RUN 10 MINUTES WALK 3 MINUTES (REPEAT 3 TIMES)	RUN 20 MINUTES WALK 5 MINUTES RUN 15 MINUTES	RUN 5K NON STOP WELL DONE WHAT AN ACHIEVEMENT

THINGS TO REMEMBER

- START AND FINISH EACH WORKOUT WITH A 5 MINUTE WALK
- AVOID RUNNING ON CONSECUTIVE DAYS
- IT IS QUITE BENEFICIAL TO CROSS TRAIN ON NON-RUNNING DAYS (BRISK WALK, SWIMMING, CYCLING ETC)
- IT IS ALSO IMPORTANT TO HAVE A REST DAY!!





GET STARTED WITH WALKING!



WEEK	1	2	3	4	5	6	7	8
MONDAY	WALK 10 MINUTES SLOW PACE	WALK 20 MINUTES SLOW PACE	WALK 25 MINUTES SLOW PACE	WALK 30 MINUTES SLOW PACE	WALK 40 MINUTES SLOW PACE	WALK 30 MINUTES SLOW PACE	WALK 30 MINUTES SLOW PACE	WALK 40 MINUTES SLOW PACE
TUESDAY	WALK 10 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES FAST PACE	WALK 15 MINUTES SLOW PACE	WALK 10 MINUTES FAST PACE	WALK 15 MINUTES FAST PACE	WALK 15 MINUTES FAST PACE
WEDNESDAY	WALK 10 MINUTES MEDIUM PACE	WALK 15 MINUTES SLOW PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 12 MINUTES SLOW PACE	WALK 20 MINUTES MEDIUM PACE
THURSDAY	REST DAY	WALK 15 MINUTES SLOW PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 20 MINUTES MEDIUM PACE	WALK 15 MINUTES MEDIUM PACE	WALK 20 MINUTES MEDIUM PACE
FRIDAY	WALK 15 MINUTES SLOW PACE	REST DAY	WALK 15 MINUTES SLOW PACE	WALK 20 MINUTES SLOW PACE	WALK 20 MINUTES SLOW PACE	WALK 20 MINUTES SLOW PACE	WALK 15 MINUTES FAST PACE	WALK 15 MINUTES FAST PACE
SATURDAY	WALK 10 MINUTES MEDIUM PACE	WALK 15 MINUTES SLOW PACE	WALK 10 MINUTES MEDIUM PACE	WALK 10 MINUTES MEDIUM PACE	WALK 15 MINUTES SLOW PACE	WALK 10 MINUTES FAST PACE	WALK 20 MINUTES MEDIUM PACE	WALK 20 MINUTES MEDIUM PACE
SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY! ENJOY YOURSELF!