

5k Beginner training plan – Approximately 30 mins

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	18 mins Run 1 min, Walk 2 mins Repeat 6 times	Rest	24 mins Run 2 mins, Walk 1 min Repeat 8 times	Rest	Rest	24 mins Run 2 mins, Walk 2 mins Repeat 6 times
Week 2	Rest	24 mins Run 2 mins, Walk 2 mins Repeat 6 times	Rest	24 mins Run 2 mins, Walk 2 mins Repeat 8 times	Rest	Rest	25 mins Run 3mins, Walk 2 mins Repeat 5 times
Week 3	Rest	28 mins Run 4mins, Walk 3 min Repeat 4 times	Rest	30 mins Run 4mins, Walk 2 mins Repeat 5 times	Rest	Rest	24 -32 mins Run 5 mins Walk 1-3 mins Repeat 4 times
Week 4	Rest	27mins Run 6 mins, Walk 3 mins Repeat 3 times	Rest	30 mins Run 7mins, Walk 3 mins Repeat 3 times	Rest	Rest	33 mins Run 8min, Walk 3 mins Repeat 3 times
Week 5	Rest	24 mins Run 10 mins, Walk 2 mins Repeat 2 times	Rest	28 mins Run 12min, Walk 2 mins Repeat 2 times	Rest	Rest	35 mins Run 15 mins, Walk 3 mins Repeat 2 times
Week 6	Rest	28 mins Run 15 mins, Walk 3 mins Run 10 mins	Rest	28 mins Run 12 mins, Walk 2 mins Repeat 2 times	Rest	Rest	23 mins Run 15 mins, Walk 3 mins Run 5 mins
Week 7	Rest	28 mins Run 20 mins, Walk 3 mins Run 5 mins	Rest	25 mins Run 25 mins	Rest	Rest	25 mins Run 25 mins
Week 8	Rest	28 – 30 mins Run 28 – 30 mins	Rest	25 mins Run 25 mins	Rest	Rest	5k Run