

Beginners 5K Training Plan

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Walk 10 minutes. Alternate running one minute and walking one minute for a total of six minutes. Walk four minutes.	Strength Training	Walk 10 minutes. Alternate running one minute and walking one minute for a total of eight minutes. Walk two minutes.	Strength Training: Abs	Walk eight minutes. Alternate running one minute and walking one minute for a total of 10 minutes. Walk two minutes.	Rest Day	Walk six minutes. Alternate running two minutes and walking two minutes for a total of 12 minutes. Walk two minutes.
WEEK 2	Walk 10 minutes. Alternate running one minute and walking one minute for a total of 10 minutes. Walk five minutes.	Strength Training	Walk 10 minutes. Alternate running one minute and walking one minute for a total of 12 minutes. Walk three minutes.	Strength Training: Abs	Walk 10 minutes. Alternate running two minutes and walking one minute for a total of 12 minutes. Walk three minutes.	Rest Day	Walk eight minutes. Alternate running two minutes and walking one minute for a total of 15 minutes. Walk two minutes.
WEEK 3	Walk 10 minutes. Alternate running one minute and walking one minute for a total of 10 minutes. Walk 10 minutes.	Strength Training	Walk 10 minutes. Alternate running one minute and walking one minute for a total of 15 minutes. Walk five minutes.	Strength Training: Abs	Walk 10 minutes. Alternate running two minutes and walking one minute for a total of 15 minutes. Walk five minutes.	Rest Day	Walk five minutes. Alternate running two minutes and walking one minute for a total of 21 minutes. Walk four minutes.
WEEK 4	Walk five minutes. Alternate running three minutes and walking one minute for a total of 20 minutes. Walk five minutes.	Strength Training	Walk four minutes. Alternate running five minutes and walking one minute for a total of 24 minutes. Walk two minutes.	Strength Training	Walk four minutes. Alternate running five minutes and walking one minute for a total of 24 minutes. Walk two minutes.	Rest Day	Walk five minutes. Alternate running eight minutes and walking three minutes for a total of 22 minutes. Walk three minutes.
WEEK 5	Walk five minutes. Run 10 minutes. Walk five minutes. Run five minutes. Walk five minutes.	Strength Training	Walk five minutes. Run 12 minutes. Walk three minutes. Run five minutes. Walk five minutes.	Strength Training	Walk 10 minutes. Run 15 minutes. Walk five minutes.	Rest Day	Walk six minutes. Run 18 minutes. Walk six minutes.
WEEK 6	Walk five minutes. Run 20 minutes. Walk five minutes.	Strength Training	Walk five minutes. Run 22 minutes. Walk three minutes.	Strength Training	Walk three minutes. Run 25 minutes. Walk two minutes.	Rest Day	Run 30 minutes.