

6 Week Beginner 5k Training Plan



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	Run 1 minute. Walk 1 minute. Repeat 10 times.	Rest	Run 2 minutes. Walk 4 minutes. Repeat 5 times.	Rest	Rest	Run 2 minutes. Walk 4 minutes. Repeat 5 times.
Week 2	Rest	Run 3 minutes. Walk 3 minutes. Repeat 4 times.	Rest	Run 3 minutes. Walk 3 minutes. Repeat 4 times.	Rest	Rest	Run 5 minutes. Walk 3 minutes. Repeat 3 times.
Week 3	Rest	Run 7 minutes. Walk 2 minutes. Repeat 3 times.	Rest	Run 8 minutes. Walk 2 minutes. Repeat 3 times.	Rest	Rest	Run 8 minutes. Walk 2 minutes. Repeat 3 times.
Week 4	Rest	Run 8 minutes. Walk 2 minutes. Repeat 3 times.	Rest	Run 10 minutes. Walk 2 minutes. Repeat 2 times. Run 5 minutes.	Rest	Rest	Run 8 minutes. Walk 2 minutes. Repeat 3 times.
Week 5	Rest	Run 9 minutes. Walk 1 minute. Repeat 3 times.	Rest	Run 12 minutes. Walk 2 minutes. Repeat 2 times. Run 5 minutes.	Rest	Rest	Run 8 minutes. Walk 2 minutes. Repeat 3 times.
Week 6	Rest	Run 15 minutes. Walk 1 minute. Repeat 2 times.	Rest	Run 8 minutes. Walk 2 minutes. Repeat 3 times.	Rest	Rest	5k Race Day!

On race day, you will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly and don't wait until you are exhausted before taking some one-minute walk breaks.