



Beginner 5K Training Plan

Designed for those with minimal or no running experience to progress to running 5K in 10 weeks.

Week	Workout 1	Workout 2	Workout 3
1	(3 min walk/1 min run) x3	(3 min walk/1 min run) x3	(3 min walk/2 min run) x3
2	(2 min walk/2 min run) x4	(2 min walk/2 min run) x4	(2 min walk/2 min run) x5
3	(2 min walk/2 min run) x6	(1 min walk/2 min run) x6	(1 min walk/2 min run) x6
4	(1 min walk/3 min run) x4	(1 min walk/4 min run) x4	(1 min walk/5 min run) x4
5	(2 min walk/ 7 min run) x3	(2 min walk/ 4 min run) x3	.75 mile run
6	1 mile run	.75 mile run	1.25 mile run
7	1.5 mile run	1 mile run	1.75 mile run
8	2 mile run	1.5 mile run	2.25 mile run
9	2.5 mile run	2.5 mile run	2.75 mile run
10	*3 mile run	30 min walk	5K RACE DAY

time workout

distance workout

*week 10: workout 1 should be completed on Wednesday or earlier

All workouts should be completed after a 5 min brisk walk and/or dynamic stretching

On nonprescribed days, active recovery (ie walk or yoga) or low-intensity cross train