

# 5K-BEGINNER

**Your goal:** To complete a 5K / Be able to run steadily for 3.1 miles, or approximately 30-45 minutes.

**Prerequisite:** You've been walking or engaging in some other aerobic workout at least 3 times a week for 4 weeks before getting started.

**Schedule:** 3-4 days per week for 6 weeks

\*All minute repeats should include equal minute recovery before starting the next interval

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>week 1</b>	<b>25 min:</b> walk 10 min, *5x1 min easy run, walk 5 min	<b>Rest</b>	<b>25-30 min:</b> walk 10 min, *5-7x 1 min easy run, 5 min walk	<b>Rest</b>	<b>25-30 min:</b> walk 10 min, *4x1 min easy jog, 2x2 min easy jog, walk 5 min	<b>Rest</b>	<b>30-60 min:</b> cycle or Long walk
<b>week 2</b>	<b>35 min:</b> walk 5 min, *2x1 min easy run, 2x2 min easy run, 2x3 min easy run, walk 5 min	<b>Rest</b>	<b>35 min:</b> walk 5 min, *2x1 min easy run, 2x2 min easy run, 2x3 min easy run, walk 5 min	<b>Rest</b>	<b>46 min:</b> walk 5 min, *2x1 min easy run, 2x2 min easy run, 4x3min easy run, walk 5 min	<b>Rest</b>	<b>40-60 min:</b> cycle or Long walk
<b>week 3</b>	<b>44 min:</b> walk 5 min, *2x2 min easy run, 2x3 min easy run, 2x4 min easy run, walk 5 min	<b>Rest</b>	<b>50 min:</b> walk 3 min, *2x2 min easy run, 3x3 min easy run, 2x4 min easy run, walk 5 min	<b>Rest</b>	<b>55 min:</b> walk 2 min walk, *2x3 min easy run, 2x 5 min easy run, 2x4 min easy run, walk 5 min	<b>Rest</b>	<b>40 min:</b> cycle or Long walk
<b>week 4</b>	<b>53 min:</b> walk 10 min, *2x5 min easy run, 1x8 min easy run, 1x10 min easy run, walk 5 min	<b>Rest</b>	<b>53 min:</b> walk 10 min, *2x5 min easy run, 1x8 min easy run, 1x10 min easy run, walk 5 min	<b>Rest</b>	<b>15 min:</b> steady easy run	<b>Rest</b>	<b>60-70 min:</b> 1x15-20 min easy run, 2x10 min
<b>week 5</b>	<b>Rest or 20 min:</b> with *10x1 min easy run	<b>60 min:</b> *2x12 min easy run, 2x8 min easy run (5 min walk between sessions)	<b>Rest</b>	<b>60 min:</b> *2x12 min easy run, 2x8 min easy run	<b>Rest</b>	<b>60-70 min:</b> 1x25 min easy run, 1x15 min easy run, 1x10 min easy run (5 min walk between sessions)	<b>34 min:</b> 5 min walk, *4x3 min easy run, 5 min walk
<b>week 6</b>	<b>Rest</b>	<b>35 min:</b> 1x20 min easy run, 1x10 min easy run (5 min walk between sessions)	<b>Rest</b>	<b>35 min:</b> 1x20 min easy run, 1x10 min easy run (5 min walk between sessions)	<b>26 min:</b> 5 min walk, *4x2 min easy run, 5 min walk	<b>Rest</b>	<b>5K Fun Run</b>