



BEGINNERS 5K SCHEDULE

TARGET: FROM 0 TO STEADY RUNNING IN SIX WEEKS PREREQUISITE: NONE SCHEDULE: 3-4 DAYS PER WEEK

WEEK 1

MONDAY
20 min: walk 1 min, jog 1 min

TUESDAY
Rest

WEDNESDAY
20 min: walk 1 min, jog 1 min

THURSDAY
Rest

FRIDAY
20 min: walk 1 min, jog 1 min

SATURDAY
Rest

SUNDAY
Cycle or Long walk (>30min)

WEEK 2

MONDAY
20 min: walk 1 min, jog 2 min

TUESDAY
Rest

WEDNESDAY
20 min: walk 1 min, jog 2 min

THURSDAY
Rest

FRIDAY
20 min: walk 1 min, jog 3 min

SATURDAY
Rest

SUNDAY
Cycle or Long walk (>40min)

WEEK 3

MONDAY
20 min: walk 1 min, jog 4 min

TUESDAY
Rest

WEDNESDAY
10 min jog followed by 10 min walk

THURSDAY
Rest

FRIDAY
5 min jog, 3 min walk, repeat two times

SATURDAY
Rest

SUNDAY
40 min: jog 2 min, walk 1 min

WEEK 4

MONDAY
12 min jog followed by 12 min walk

TUESDAY
Rest

WEDNESDAY
8 min jog; 1 min walk; repeat

THURSDAY
Rest

FRIDAY
15 min jog

SATURDAY
Rest

SUNDAY
40 min: jog 2 min, walk 1 min

WEEK 5

MONDAY
20 min jog

TUESDAY
Rest

WEDNESDAY
3 x 5 min run 1, min walk in between

THURSDAY
Rest

FRIDAY
25 min jog

SATURDAY
Rest

SUNDAY
25 min run

WEEK 6

MONDAY
20 min steady

TUESDAY
Rest

WEDNESDAY
Rest

THURSDAY
Rest

FRIDAY
Easy 20 min

SATURDAY
Rest

SUNDAY
5k run