

5k Run Plan for Beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Steady Run/Walk Constant Pace (CP) 20mins	Rest	Steady Run/Walk 20mins	Rest	Power Walk(PW) 60mins ST Session	Distance Run EZ 20mins
2	Rest	Same as above Strength Training (ST) session	Rest	Same as above	Rest	PW 60mins ST Session	Distance Run EZ 25mins
3	Rest	Same as above ST Session	Rest	Steady Run/Walk 25mins	Rest	PW 60mins ST Session	Distance Run EZ 30mins
4	Rest	Same as above ST Session	Rest	Steady Run/Walk 20mins	Rest	PW 60mins ST Session	Distance Run EZ 25mins
5	Rest	Same as above ST Session	Rest	Interval Training (IT) 25mins (10mins warm up, 10x intervals of 30s fast/60s easy)	Rest	PW 60mins ST Session	Distance Run EZ 30mins
6	Rest	Steady Run/Walk CP 25mins ST Session	Rest	Same as above	Rest	PW 60mins ST Session	Distance Run EZ 35mins
7	Rest	Steady Run/Walk CP 25mins ST Session	Rest	IT 30mins (10mins warm up, 7x intervals of 30s fast/60s easy. Cool down for remainder)	Rest	PW 60mins ST Session	Distance Run EZ 40mins
8	Rest	Steady Run/Walk CP 20mins	Rest	IT 20mins (10mins warm up, 5x intervals of 30s fast/60s easy. Cool down for remainder)	Rest	Rest Day	Race day!!

- Don't worry about walking part of the distance of your steady run when starting out. It's better to do this than to make the mistake of doing too much too soon.

(EZ) – Easy Run

(PW) – Power Walk

(CP) – Constant Pace

(IT) – Interval Training

(ST) – Strength Training