

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