

BEGINNER 5K TRAINING PLAN (9 WEEKS!)

BE SURE TO WARM UP AND COOL DOWN WITH A 5 MIN. POWER WALK EVERY WORKOUT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	ALTERNATE 1 minute jog 2 minute walk for 21 mins.	STRENGTH TRAINING	ALTERNATE 1 minute jog 2 minute walk for 21 mins.	REST & STRETCH	ALTERNATE 1 minute jog 2 minute walk for 21 mins.
WEEK 2	ALTERNATE 90 second jog 2 minute walk for 21 mins.	STRENGTH TRAINING	ALTERNATE 90 second jog 2 minute walk for 21 mins.	REST & STRETCH	ALTERNATE 90 second jog 2 minute walk for 25 mins.
WEEK 3	ALTERNATE 2 minute jog 2 minute walk for 20 mins.	STRENGTH TRAINING	ALTERNATE 2 minute jog 2 minute walk for 20 mins.	REST & STRETCH	ALTERNATE 2 minute jog 90 second walk for 21 mins.
WEEK 4	ALTERNATE 2 minute jog 90 second walk for 21 mins.	STRENGTH TRAINING	ALTERNATE 3 minute jog 90 second walk for 23 mins.	REST & STRETCH	ALTERNATE 3 minute jog 90 second walk for 23 mins.
WEEK 5	ALTERNATE 4 minute jog 90 second walk for 22 mins.	STRENGTH TRAINING	ALTERNATE 4 minute jog 90 second walk for 22 mins.	REST & STRETCH	ALTERNATE 5 minute jog 90 second walk for 20 mins.
WEEK 6	ALTERNATE 5 minute jog 90 second walk for 20 mins.	STRENGTH TRAINING	ALTERNATE 5 minute jog 1 minute walk for 24 mins.	REST & STRETCH	8 minute jog 1 minute walk 5 minute jog 1 minute walk 8 minute jog
WEEK 7	ALTERNATE 8 minute jog 1 minute walk for 27 mins.	STRENGTH TRAINING	ALTERNATE 10 minute jog 2 minute walk for 24 mins.	REST & STRETCH	ALTERNATE 10 minute jog 1 minute walk for 22 mins.
WEEK 8	22 minute steady jog (aim to complete without walking)	STRENGTH TRAINING	25 minute steady jog (aim to complete without walking)	REST & STRETCH	28 minute steady jog (aim to complete without walking)
WEEK 9	3.1 mile steady jog (aim to complete without walking)	STRENGTH TRAINING	CONGRATS! You did it! Final 3.1 mile steady jog workout	REST & STRETCH	5K RACE DAY! Aim for a familiar pace, then punch it at the 3 mile mark!