

5K TRAINING SCHEDULE

FOR ABSOLUTE BEGINNERS

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	ST	1M CW	1M CW	1.5M CW	REST	1M CW	2M CW
WEEK 2	ST	2M CW	1M CW	2M CW	REST	2M CW	2.5M CW
WEEK 3	ST	2M CW	1M CW	2M CW	REST	2M CW	3M CW
WEEK 4	ST	2 min CW 1 min RUN REPEAT 1M	2 min CW 2 min RUN REPEAT 1M	2 min CW 2 min RUN REPEAT 1M	REST	3 min CW 3 min RUN REPEAT 2M	2 min CW 4 min RUN REPEAT 3M
WEEK 5	ST	1 min CW 5 min RUN REPEAT 1M	1 min CW 5 min RUN REPEAT 1M	1 min CW 6 min RUN REPEAT 1M	REST	1 min CW 8 min RUN REPEAT 2M	1M RUN
WEEK 6	ST	1M RUN	1M RUN	1.5M RUN + ST	REST	1.5M RUN	2M RUN
WEEK 7	ST	1M RUN	2M RUN	2.5M RUN + ST	REST	2.5M RUN	3M RUN
WEEK 8	ST	3M RUN	2M RUN	3M RUN + ST	REST	1.5M RUN	5K RACE 3.1 M