

8 Week 5k Training Plan - Walk to Run, Beginner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Rest	15 min walk	Rest	20 min walk	Rest	Gentle jog or fast walk 30 secs, repeat 6-10 times
Rest	Rest	Gentle jog/fast walk 30 secs, walk 1 min, repeat 6-8 times	Rest	Gentle jog/fast walk 1 min, walk 1 min, repeat 6-8 times	Rest	Gentle jog/fast walk 90 secs, walk 1 min, repeat 6-8 times
Rest	Rest	Gentle jog/fast walk 2 mins, walk 2 mins, repeat 6 times	Rest	Gentle jog/fast walk 2 mins, walk 2 mins, repeat 8 times	Rest	Gentle jog/fast walk 3 mins, walk 2 mins, repeat 5 times
Rest	Rest	Gentle jog/fast walk 3 mins, walk 2 mins, repeat 7 times	Rest	Gentle jog/fast walk 3 mins, walk 90 mins, repeat 5 times	Rest	Gentle jog/fast walk 4 mins, walk 2 mins, repeat 5 times
Rest	Rest	Jog/fast walk 5 mins, walk 3 mins, repeat 5 times	Rest	Jog/fast walk 10 mins, walk 5 mins, repeat 2 times	Rest	Jog/fast walk 7 mins, walk 3 mins, repeat 5 times
Rest	Rest	Jog/fast walk 7 mins, walk 3 mins, repeat 5 times	Rest	Jog/fast walk 10 mins, walk 5 mins, repeat 2 times	Rest	Jog/fast walk 10 mins, walk 5 mins, repeat 2 times
Rest	Rest	Jog/fast walk 10 mins, walk 5 mins, repeat 2 times	Rest	Jog/fast walk 15 mins, walk 5 mins, jog 10 mins	Rest	Jog or fast walk 20 mins
Rest	Rest	Jog or fast walk 20 mins	Rest	Jog or fast walk 25 mins	Rest	RACE DAY

Always make sure you warm up and stretch before and after all of your training runs.