

# 5K BEGINNER

If you're someone who can't run 20-minutes without needing to stop, you find it hard to increase your pace or you have never done speed work before – this program is perfect for you.

## GOAL = TO RUN 5K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	15min walk	Rest	Warm-up: 5min walk 6 x 1min run + 2min walk Cool down: 7min walk	Rest	Cross training/Gym	10 x 1min run + 1min walk
<b>2</b>	Rest	15min walk	Rest	Warm up: 5min walk 6 x 1min run + 2min walk Cool down: 7min walk	Rest	Cross training/Gym	10 x 1min run + 1min walk
<b>3</b>	Rest	20min walk	Rest	Warm up: 5min walk 6 x 2min run + 2min walk Cool down: 1min walk	Rest	Cross training/Gym	6 x 3min run + 2min walk
<b>4</b>	Rest	20min walk	Rest	Warm up: 5min walk 6 x 2min run + 2min walk Cool down: 1min walk	Rest	Cross training/Gym	6 x 3min run + 2min walk
<b>5</b>	Rest	25min walk	Rest	Warm up: 5min walk 5 x 4min run + 2min walk	Rest	Cross training/Gym	4 x 6min run + 2min walk
<b>6</b>	Rest	25min walk	Rest	Warm up: 5min walk 5 x 4min run + 2min walk	Rest	Cross training/Gym	4 x 6min run + 2min walk
<b>7</b>	Rest	15min walk + 10min run	Rest	Warm up: 5min walk 5 x 4min run + 1min walk Cool down: 5min walk	Rest	Cross training/Gym	3 x 8min run + 2min walk
<b>8</b>	Rest	15min walk + 10min run	Rest	Warm up: 5min walk 5 x 4min run + 1min walk Cool down: 5min walk	Rest	Cross training/Gym	Warm up: 1K walk 3K run Cool down: 1K walk
<b>9</b>	Rest	10min walk + 15min run	Rest	Warm up: 5min walk 6 x 4min run + 1min walk Cool down: 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 4K run Cool down: 1K walk
<b>10</b>	Rest	10min walk + 15min run	Rest	Warm up: 5min walk 6 x 4min run + 1min walk Cool down: 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 5K run Cool down: 1K walk
<b>11</b>	Rest	5min walk + 20min run	Rest	Warm up: 5min walk 5 x 5min run + 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 5K run Cool down: 1K walk
<b>12</b>	Rest	15min run	Rest	Warm up: 5min walk 5 x 2min run + 1min walk	Rest	Warm up: 5min walk 10min run	<b>RACE DAY</b>

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases  
**HARD** - Speaking is virtually impossible