

## Training Plan for 5K Beginner Level

Source: <https://www.runnersworld.com/uk/training/5km/a760067/six-week-beginner-5k-schedule/>

If you want a more advanced plan, please contact [arcummings@gmail.com](mailto:arcummings@gmail.com).

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 1 minute. Walk for 1 minute. Repeat x 10	Rest	Run 2 minutes. Walk 4 minutes. Repeat x 5	Rest	Rest	Run 2 minutes. Walk 4 minutes. Repeat x 5
2	Rest	Run 3 minutes. Walk 3 minutes. Repeat x 4	Rest	Run 3 minutes. Walk 3 minutes. Repeat x 4	Rest	Rest	Run 5 minutes. Walk 3 minutes. Repeat x 3
3	Rest	Run 7 minutes. Walk 2 minute. Repeat x 3	Rest	Run 8 minutes. Walk 2 minutes. Repeat x 3	Rest	Rest	Run 8 minutes. Walk 2 minutes. Repeat x 3
4	Rest	Run 8 minutes. Walk 2 minute. Repeat x 3	Rest	Run 10 minutes. Walk 2 minutes. Repeat x 2 Run 5 minutes.	Rest	Rest	Run 8 minutes. Walk 2 minutes. Repeat x 3
5	Rest	Run 9 minutes. Walk 2 minute. Repeat x 3	Rest	Run 12 minutes. Walk 2 minutes. Repeat x 2 Run 5 minutes.	Rest	Rest	Run 8 minutes. Walk 2 minutes. Repeat x 3
6	Rest	Run 15 minutes. Walk 2 minute. Repeat x 2	Rest	Run 8 minutes. Walk 2 minutes. Repeat x 3	Rest	Rest	5K Race!