

# 5K Training Guide



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest or Cross Train	Rest	20 Min of 1 Min Run, 2 Min Walk	Rest	20 Min of 1 Min Run, 2 Min Walk	Rest	40 Min, with 4 x 2 Min of Running Taking as Much Walk In-Between as Needed
2	Rest or Cross Train	Rest	20 Min of 1 Min Run, 2 Min Walk	Rest	30 Min of 2 Min Run, 2 Min Walk	Rest	45 Min, with 4 x 4 Min of Running Taking as Much Walk In-Between as Needed
3	Rest or Cross Train	Rest	30 Min of 3 Min Run, 2 Min Walk	Rest	30 Min of 3 Min Run, 2 Min Walk	Rest	45 Min, with 6 x 3 Min of Running Taking as Much Walk In-Between as Needed
4	Rest or Cross Train	Rest	2 x 10 Min Continuous with 2 Min In-Between	Rest	30 Min of 1 Min Run, 1 Min Walk	Rest	45 Min, with 15 Min of Straight Running in the Middle
5	Rest or Cross Train	Rest	20 Min Easy	Rest	5 Min Walk Warm-Up, 20 Min Build (Start Easy Finish Steady), 5 Min Walk Cool-Down	Rest	60 Min, with 3 x 10 Min of Running Taking as Much Walk In-Between as Needed
6	Rest or Cross Train	Rest	20 Min Easy	Rest	30 Min of 4 Min Run, 1 Min Walk	Rest	Go Down to Your Local Parkrun and/or 5km and Enjoy Your New-Found Fitness