

5K RUNNING PLAN FOR BEGINNERS

8 Weeks Walking to Running



	1st Week	2nd Week	3rd Week	4th Week
SUN	5 Mins Walking 1 Mins Run Repeat 3x	4 Mins Walking 2 Mins Run Repeat 3x	4 Mins Walking 3 Mins Run Repeat 3x	3 Mins Walking 3 Mins Run Repeat 3x
MON	4 Mins Walking 3 Mins Run Repeat 3x	4 Mins Walking 3 Mins Run Repeat 3x	4 Mins Walking 3 Mins Run Repeat 3x	3 Mins Walking 3 Mins Run Repeat 3x
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	5 Mins Steady Run 3 Mins Walk Repeat 3x	5 Mins Steady Run 3 Mins Walk Repeat 3x	5 Mins Steady Run 3 Mins Walk Repeat 3x	5 Mins Steady Run 3 Mins Walk Repeat 3x
THU	15 Mins Easy Run or Walk	15 Mins Easy Run or Walk	20 Mins Easy Run or Walk	20 Mins Easy Run or Walk
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	3 Mins Walking 3 Mins Run Repeat 3x	3 Mins Walking 3 Mins Run Repeat 3x	3 Mins Walking 3 Mins Run Repeat 4x	3 Mins Walking 3 Mins Run Repeat 4x

Beginners Running How To Plan Your Training

AN Whitehead



Beginners Running How To Plan Your Training:

Beginners Running How To Plan Your Training Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Beginners Running How To Plan Your Training**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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