

# 5K RUNNING PLAN FOR BEGINNERS

8 Weeks Walking to Running



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

# Beginners Running How To Plan Your Training

**ML Yell**



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