

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

Ava Thompson, AI



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