

Beginner 5K

6-Week Training Plan

	Workout 1			Workout 2			Workout 3		
1	Walk more, Jog Less								
	Total Time: 20 min			Total Time: 20 min			Total Time: 20 min		
	Walk	5 min	Easy	Walk	3 min	Easy	Walk	5 min	Easy
	Walk	5 min	Moderate	Walk	2 min	Moderate	Walk	5 min	Moderate
	Jog / Walk	60s / 90s For 10 min	Hard / Mod	Jog / Walk	60s / 90s For 15 min	Hard / Mod	Jog / Walk	60s / 90s For 10 min	Hard / Mod
2	Walk more, Jog Faster								
	Total Time: 20 min			Total Time: 20 min			Total Time: 20 min		
	Walk	3 min	Easy	Walk	5 min	Moderate	Walk	3 min	Easy
	Walk	2 min	Moderate	Jog / Walk	60s / 90s For 10 min	Hard / Mod	Walk	2 min	Moderate
	Jog / Walk	60s / 90s For 15 min	Hard / Mod	Jog / Walk	30s / 30s For 5 min	Hard / Mod	Jog / Walk	60s / 90s For 15 min	Hard / Mod
3	Even It Out								
	Total Time: 25 min			Total Time: 25 min			Total Time: 25 min		
	Walk	3 min	Moderate	Walk	5 min	Moderate	Walk	3 min	Moderate
	Jog / Walk	1min/1min x4	Hard/Mod	Jog / Walk	3min/2min x4	Hard/Mod	Jog / Walk	1min/1min x4	Hard/Mod
	Jog / Walk	2min/2min x3	Hard/Mod				Jog / Walk	2min/2min x3	Hard/Mod
4	Step It Up								
	Total Time: 25 min			Total Time: 25 min			Total Time: 25 min		
	Walk	5 min	Moderate	Walk	5 min	Moderate	Walk	5 min	Moderate
	Jog	10 min	Mod>Hard	Jog/Walk	4min/1min x4	Hard/Mod	Jog	10 min	Mod>Hard
	Walk/Jog	3min/2min x1	Mod/Hard				Walk/Jog	3min/2min x1	Mod/Hard
5	Give It a Go!								
	Total Time: 30 min			Total Time: 30 min			Total Time: 30 min		
	Walk	5 min	Moderate	Walk	5 min	Moderate	Walk	5 min	Moderate
	Jog	15 min	Mod>Hard	Jog	25 min	Mod>Hard	Jog	15 min	Mod>Hard
	Walk/Jog	3min/2min x2	Mod/Hard	<i>Give yourself permission to walk for up to 30 sec</i>			Walk/Jog	3min/2min x2	Mod/Hard
6	Try It, Forget it, Do It!								
	Total Time: 35 min			Total Time: 35 min			RACE DAY		
	Walk	5 min	Moderate	Walk	5 min	Moderate	<i>Give yourself time to walk to start line, start slow & pay attention to your watch! Give yourself permission to walk up to 30 seconds at water stations!</i>		
	Jog	30 min	Mod>Hard	Jog/Walk	4min/1min x5	Hard/Mod			
	<i>Give yourself permission to walk for up to 30 sec</i>			Walk	5 min	Moderate			