

5k beginner schedule — 8 weeks

Week	Run 1	Run 2	Run 3
1	□ 6 × (jog 1 min, walk 2 min)	□ 6 × (jog 1 min, walk 2 min)	□ 6 × (jog 1 min, walk 2 min)
2	□ 6 × (jog 2 min, walk 2 min)	□ 6 × (jog 2 min, walk 2 min)	□ 6 × (jog 2 min, walk 2 min)
3	□ 5 × (jog 3 min, walk 2 min)	□ 5 × (jog 3 min, walk 2 min)	□ 5 × (jog 3 min, walk 2 min)
4	□ 4 × (jog 5 min, walk 2 min)	□ 4 × (jog 5 min, walk 2 min)	□ 3 × (jog 6 min, walk 2 min)
5	□ 3 × (jog 7 min, walk 2 min)	□ 2 × (jog 10 min, walk 2 min)	□ jog 15 min, walk 2 min, jog 5 min
6	□ 2 × (jog 12 min, walk 2 min)	□ jog 18 min continuous	□ jog 20 min continuous
7	□ jog 22 min	□ jog 20 min easy	□ jog 25 min
8	□ jog 25 min	□ jog 15 min easy + 4 × 20 s strides	□ RACE DAY — 5 km

5-minute brisk walk before and easy walk after every run.

Notes