

# 5k Walk/Run Beginner Plan

Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	WU 5 min (R 1 min + W 2) X 5 CD 5 min	Rest	WU 5 min (R 1 min + W 2) X 5 CD 5 min	Rest	WU 5 min (R 2 min W 3) X 3 CD 5 min	Cross Train	Rest
2	WU 5 min (R 2 min W 3) X 4 CD 10 min	Rest	WU 5 min (R 3 min W 3) X 3 CD 5 min	Rest	WU 10 min (R 2 min W 2) X 5 CD 5 min	Cross Train	Rest
3	WU 10 min (R 3 min W 3) X 3 CD 5 min	Rest	WU 10 min (R 4 min W 3) X 3 CD 5 min	Rest	WU 10 min (R 4 min W 3) X 2 CD 5 min	WU 10 min (R 3 min W 5) X 3 CD 5 min	Rest
4	WU 10 min (R 5 min W 4) X 2 CD 5 min	Rest	WU 10 min (R 4 min W 2) X 3 CD 5 min	Rest	WU 10 min (R 5 min W 4) X 2 CD 10 min	WU 10 min (R 5 min W 3) X 2 CD 10 min	Rest
5	Walk 40 minutes	Rest	WU 10 min (R 6 min W 5) X 3 CD 5 min	Rest	Walk 35-40 minutes	Cross Train	Rest
6	WU 10 min (R 6 min W 5) X 3 CD 5 min	Rest	WU 10 min (R 6 min W 5) X 3 CD 5 min	Rest	WU 10 min (R 6 min W 5) X 3 CD 5 min	Cross Train	Rest
7	WU 10 min (R 4 min W 3) X 3 CD 10 min	Rest	WU 10 min (R 4 min W 2) X 4 CD 5 min	Rest	WU 10 min (R 4 min W 2) X 3 CD 10 min	WU 10 min (R 4 min W 4) X 4 CD 5 min	Rest
8	WU 10 min (R 6 min W 5) X 3 CD 5 min	Rest	WU 5 min (R 6 min W 5) X 4 CD 5 min	Rest	WU 10 min (R 6 min W 3) X 2 CD 5 min	Cross Train	Rest
9	WU 10 min (R 8 min W 8) CD 10 min	Rest	WU 10 min (R 8 min W 5) X 2 CD 5 min	Rest	WU 10 min (R 7 min W 3) X 3 CD 5 min	Cross Train	Rest
10	WU 10 min (R 8 min W 8) CD 10 min	Rest	WU 10 min (R 4 min W 4) x 3 CD 10 min	Walk 20 mins	Rest	<b>Race Day 5k!</b>	Rest

\* See next page for important information

