



SIX WEEK 5K TRAINING PLAN

Beginner

This plan is a guide for a beginner/intermediate runner to build their endurance to continuously run 3.1 miles. This guide suggests three workouts each week, with a rest day between each workout.

	WORKOUT ONE	WORKOUT TWO	WORKOUT THREE
WEEK 1	Run 1 min Walk 1 min Repeat 10x	Run 2 min Walk 4 min Repeat 5x	Run 2 min Walk 4 min Repeat 5x
WEEK 2	Run 3 min Walk 3 min Repeat 4x	Run 3 min Walk 3 min Repeat 4x	Run 5 min Walk 3 min Repeat 3x
WEEK 3	Run 7 min Walk 2 min Repeat 3x	Run 8 min Walk 2 min Repeat 3x	Run 8 min Walk 2 min Repeat 3x
WEEK 4	Run 8 min Walk 2 min Repeat 3x	Run 10 min Walk 2 min Repeat 2x Run 5 min	Run 8 min Walk 2 min Repeat 3x
WEEK 5	Run 9 min Walk 1 min Repeat 3x	Run 12 min Walk 2 min Repeat 2x Run 5 min	Run 8 min Walk 2 min Repeat 3x
WEEK 6	Run 15 min Walk 1 min Repeat 2x	Run 8 min Walk 2 min Repeat 3x	5K Race!



SIX WEEK 5K TRAINING PLAN

Intermediate

This plan is a guide for a beginner/intermediate runner to build their endurance to continuously run 3.1 miles. This guide suggests three workouts each week, with a rest day between each workout.

	TUESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 1	Run 20-25 min easy	Run 10 min easy 4x (1 min fast, 2 min recovery); 10 min easy	Run 20 min easy	Run 30 min easy
WEEK 2	Run 20-25 min easy	Run 10 min easy 5x (90 sec fast, 2.5 min jog recovery) Run 10 min easy	Run 20 min easy	Run 35 min easy
WEEK 3	Run 20-25 min easy	Run 10 min easy 10x (1 min fast, 1 min slow) continuous run	Run 25 min easy	Run 40 min easy
WEEK 4	Run 10 min easy 1 mile timed fast Run 10 min easy	Run 10 min easy 10x (1 min fast, 1 min slow) continuous run	Run 20 min easy	Run 45 min easy
WEEK 5	Run 25-30 min easy	Run 10 min easy 3x (3 min fast, 3 min jog) Run 10 min easy	Run 25 min easy	Run 35 min easy
WEEK 6	Run 25 min w/ 6x 20-40 sec fast	Run 20-25 easy	Run 15 min easy/ or REST	5K Race!