# **Beginner training plan (6 weeks to 5k)**

**Week 1:**

|  |  |
| --- | --- |
| **Monday**  | * Walk 1 ½ kilometres
* Run for 2 min every 400 meters do it 5 times
* walk ¾ kilometre
 |
| **Tuesday**  | * walk 4-8 kilometres
 |
| **Wednesday** | **Day off** |
| **Thursday**  | * walk 1 ½ kilometres
* run for 3 min every 400 meters do it 5 times
* walk ¾ kilometre
 |
| **Friday**  | **Day off** |
| **Saturday** | * walk 4-8 kilometres
* include 10 run/walk intervals (run 30 sec / walk 1 min)
 |
| **Sunday**  | **Day off** |

**Week 2:**

|  |  |
| --- | --- |
| **Monday**  | * walk 2 kilometres
* run/walk intervals 3 times (run 5 min / walk 5 min)
* walk 1 kilometre
 |
| **Tuesday** | * walk 4-8 kilometres
 |
| **Wednesday** | **Day off** |
| **Thursday** | * walk 1 ½ kilometres
* run for 3 min every 400 meters do it 5 times
* walk ¾ kilometre
 |
| **Friday** | **Day off** |
| **Saturday** | * Walk 1 ½ kilometres
* Run for 2min every 400 meters do it 5 times
* walk ¾ kilometre
 |
| **Sunday** | **Day off** |

**Week 3:**

|  |  |
| --- | --- |
| **Monday** | * walk 2 kilometres
* run/ walk (run 10 min / walk 5-7min)
* walk 5-7 min
 |
| **Tuesday** | * Walk 4-8 kilometres
 |
| **Wednesday** | **Day off** |
| **Thursday** | * Walk 4-8 kilometres
 |
| **Friday** | **Day off** |
| **Saturday** | * walk 2 kilometres
* run/walk intervals 3 times (run 10 min /walk 5min)
* walk 5-10 min
 |
| **Sunday** | **Day off** |

Note: important to stretch and worm down every day

**Week 4:**

|  |  |
| --- | --- |
| **Monday**  | * walk 1 ½ kilometres
* run/walk intervals 10 times (run 3min/ walk 2min)
* walk 5 min
 |
| **Tuesday** | * walk 1 ½ kilometres
* run/walk intervals 2 times (run 15min/walk 5min)
* walk 5 min
 |
| **Wednesday** | **Day off** |
| **Thursday** | * walk 1 ½ kilometres
* run/walk intervals every 7 min(5 times) ( run 5min/walk 2min)
* walk 5 min
 |
| **Friday** | **Day off** |
| **Saturday** | * Walk 1 ½ kilometres
* Run/walk intervals every 15 min x 3 times (run 10min/walk 5 min).
 |
| **Sunday** | **Day off** |

**Week 5:**

|  |  |
| --- | --- |
| **Monday** | * Walk 1 ½ kilometres
* run/walk intervals every 5 min x 10 times ( run 3min/walk 2min)
* walk 5 min
 |
| **Tuesday** | * Walk 1 ½ kilometres
* run/walk intervals x 2 times ( run 20min/walk 5min)
* walk 5 min
 |
| **Wednesday** | **Day off** |
| **Thursday** | * walk 1 ½ kilometres
* run/walk intervals every 7 min x 5 times ( run 5min/walk 2min)
* walk 5 min
 |
| **Friday** | **Day off** |
| **Saturday** | * walk 1 ½ kilometres
* run/walk intervals every 20 min x 3 times ( run 15min/walk 5min)
* walk 5 min
 |
| **Sunday** | **Day off** |

**Weeks 6:**

|  |  |
| --- | --- |
| **Monday** | * Walk 1 ½ kilometers
* run/walk intervals every 5min x 10 times ( run 3min/walk 2min)
* walk 5 min
 |
| **Tuesday** | * walk 1 ½ kilometers
* run/walk intervals every 25 min x 2 times ( run 25min/walk 5min)
* walk 5 min
 |
| **Wednesday** | **Day off** |
| **Thursday** | * walk 1 ½ kilometers
* run/walk intervals every 7 min x 5 times ( run 5min/walk 2min)
* walk 5 min
 |
| **Friday** | **Day off** |
| **Saturday**  | * Walk 1 ½ kilometres
* run/walk intervals every 25 min x 3 times ( run 20min/walk 5min)
* Walk 5 min
 |
| **Sunday**  | **Day off** |