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

**Week 1:**

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| **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:**

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| **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:**

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| **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:**

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| **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:**

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| **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:**

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| **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** |