Total Beginners - (Fit4Life) – Zero to 5km Training Plan

Week Number	Day One	Day Two	Day Three
1	Run 1 Min. Walk 2 Min for 30 Min.	Run 1 Min. Walk 2 Min for 36 Min.	Run 90 Sec. Walk 90 sec for 30 Min.
2	Run 90 Sec. Walk 90 Sec for 36 Min.	Run 2 Min. Walk 1 Min for 15 Min. Run 1 Min. Walk 1 Min for 20 Min. Total Time 35 Minutes.	Run 2 Min. Walk 1 Min for 30 Min.
3	Run 3 Min. Walk 2 Min for 15 Min. Run 1 Min. Walk 1 Min for 20 Min. Total Time 35 Minutes.	Run 3 Min. Walk 2 Min for 35 Min.	Run 3 Min. Walk 1 Min for 36 Min.
4	Run 4 Min. Walk 2 Min for 12 Min. Run 2 Min. Walk 1 Min for 21 Min. Total Time 33 Minutes.	Run 4 Min. Walk 2 Min for 18 Min. Run 2 Min. Walk 1 Min for 18 Min. Total Time 36 Minutes.	Run 4 Min. Walk 2 Min for 36 Min.
5	Run 5 Min. Walk 2 Min for 35 Min.	Run 5 Min. Walk 1 Min for 24 Min. Run 3 Min. Walk 1 Min for 16 Min. Total Time 40 Minutes.	Run 5 Min. Walk 1 Min for 36 Min.
6	Run 6 Min. Walk 2 Min for 16 Min. Run 4 Min. Walk 1 Min for 25 Min. Total Time 41 Minutes.	Run 6 Min. Walk 1 Min for 21 Min. Run 4 Min. Walk 1 Min for 25 Min. Total Time 46 Minutes.	Run 6 Min. Walk 1 Min for 35 Min.
7	Run 8 Min. Walk 2 Min for 20 Min. Run 4 Min. Walk 1 Min for 25 Min. Total Time 45 Minutes.	Run 8 Min. Walk 2 Min for 20 Min. Run 5 Min. Walk 1 Min for 24 Min. Total Time 44 Minutes.	Run 8 Min. Walk 2 Min for 30 Min.
8	Run 8 Min. Walk 2 Min for 20 Min. Run 6 Min. Walk 1 Min for 21 Min. Total Time 41 Minutes.	Run 8 Min. Walk 2 Min for 40 Min.	Run 8 Min. Walk 1 Min for 36 Min.
9	Run 3km. Walk only if necessary. Walk cool down to complete 30 Min.	Run 3km. Walk only if necessary. Walk cool down to complete 30 Min.	Run 4km. Walk only as necessary. Walk cool down to complete 40 Min.
10	Run 4km. Walk only if necessary. Finish with 4 X 20 Sec stride outs. Walk cool down to complete 40 Min.	Run 4km. Walk only if necessary. Finish with 4 X 20 Sec stride outs. Walk cool down to complete 40 Min	Run 5km. Walk only as necessary. Walk cool down to complete 50 Min.
11	Run 4km. Walk only if necessary. Finish with 4 X 20 Sec stride outs. Walk cool down to complete 40 Min.	Run 5km. Walk only if necessary. Finish with 4 X 20 Sec stride outs. Walk cool down to complete 50 Min.	Run 5km – 6km. Walk only if necessary. Walk cool down to complete 60 Min.
12	Run 4km. Walk only if necessary. Finish with 6 X 20 Sec stride outs. Walk cool down to complete 40 Min.	Run 3km. Walk only if necessary. Finish with 6 X 20 Sec stride outs. Walk cool down to complete 30 Min.	**TIMES RUN** **EXAMPLE: LOCAL PARKRUN.**