

5 WEEK BEGINNER 5K RUNNING SCHEDULE

SESSION

WEEK ONE

MONDAY 25min easy, 3 run / 2 walk
TUESDAY Rest
WEDNESDAY 20min fast, 3 run / 2 walk
THURSDAY Rest
FRIDAY 30min easy
SATURDAY Rest
SUNDAY Rest

WEEK TWO

MONDAY 25min fast, 4 run / 1 walk
TUESDAY Rest
WEDNESDAY 30min easy
THURSDAY Rest
FRIDAY 35min easy
SATURDAY Rest
SUNDAY Rest

WEEK THREE

MONDAY 30min fast, 5 run / 1 walk
TUESDAY Rest
WEDNESDAY 35min easy
THURSDAY Rest
FRIDAY 35min easy
SATURDAY Rest
SUNDAY Rest

WEEK FOUR

MONDAY 30min, 5 hard, 5 easy
TUESDAY Rest
WEDNESDAY 30min steady
THURSDAY Rest
FRIDAY 40min easy
SATURDAY Rest
SUNDAY Rest

WEEK FIVE

MONDAY 30min easy
TUESDAY Rest
WEDNESDAY 25min easy
THURSDAY Rest
FRIDAY Rest
SATURDAY Race
SUNDAY Or Race