



# 5K TRAINING PLAN

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Walk 3 min Run 2 min (repeat 4x)	Rest	Walk 3 min Run 2 min (repeat 4x)	Rest	Walk 3 min Run 2 min (repeat 4x)	Rest	Walk 3 min Run 2 min (repeat 5x)
2	Rest	Walk 2 min Run 3 min (repeat 5x)	Rest	Walk 2 min Run 3 min (repeat 5x)	Rest	Walk 2 min Run 3 min (repeat 5x)	Rest
3	Run 4 min Walk 2 min (repeat 6x)	Cross-train	Run 4 min Walk 2 min (repeat 6x)	Cross-train	Run 4 min Walk 2 min (repeat 6x)	Rest	Run 4 min Walk 2 min (repeat 6x)
4	Rest	Run 4 min Walk 1 min (repeat 7x)	Cross-train	Run 4 min Walk 1 min (repeat 7x)	Cross-train	Run 4 min Walk 1 min (repeat 7x)	Rest
5	Run 5 min Walk 1 min (repeat 7x)	Cross-train	Run 5 min Walk 1 min (repeat 8x)	Cross-train	Run 5 min Walk 1 min (repeat 8x)	Rest	Run 5 min Walk 1 min (repeat 8x)
6	Rest	Run 5 min Walk 1 min (repeat 9x)	Cross-train	Run 5 min Walk 1 min (repeat 9x)	Cross-train	Run 5 min Walk 1 min (repeat 9x)	Rest
7	Run 5 min Walk 1 min (repeat 10x)	Cross-train	Run 5 min Walk 1 min (repeat 10x)	Cross-train	Run 5 min Walk 1 min (repeat 10x)	Rest	Run 5 min Walk 1 min (repeat 10x)
8	Rest	Run 5 min Walk 1 min (repeat 10x)	Rest	Run 5 min Walk 1 min (repeat 8x)	Rest	<b>RUN NONA</b>	Rest