

# 5K Training Plan



## Beginner 5K Training Plan - 12 Weeks

	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 1	1.0	1.0	1.5	Walk 1.0	3.5
Week 2	1.25	1.0	1.75	Walk 1.0	4.0
Week 3	1.25	1.25	2.0	Walk 1.0	4.5
Week 4	1.0	1.0	1.5	DAY OFF	3.5
Week 5	1.25	1.25	2.0	Walk 1.0	4.5
Week 6	1.5	1.25	2.25	Walk 1.0	5.0
Week 7	1.5	1.5	2.5	Walk 1.0	5.5
Week 8	1.25	1.25	2.0	DAY OFF	4.5
Week 9	1.5	1.5	2.5	Walk 1.0	5.5
Week 10	1.75	1.5	2.75	Walk 1.0	6.0
Week 11	1.75	1.75	3.0	Walk 1.0	6.5
Week 12	1.0	1.5	1.0	RACE	6.6

Cycle

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**Notes:**

*\*Begin each Run (Run/Walk) Session with at least a 5 minute walk where you gradually increase your pace.*

*\*Finish each Run/Walk Session with a 5 minute easy walk.*

*\*All runs should be done at Aerobic Z1 (rate of perceived exertion of 4-6 on a scale of 10) or comfortable conversation pace, and may be done as a continuous run or as run/walk intervals.*

*\*Sunday is a walk or OFF*

*\*Include at least one complete rest day per week (Wednesday).*

*\*Include two strength training days per week (Monday and Friday).*

*\*Saturday and Sunday sessions may be swapped.*

**Optional Run/Walk Progression Program (Week 1-8)**

*Week 1 - 1 minute run/1 minute walk*

*Week 2 - 2 minute run/1 minute walk*

*Weeks 3 & 4 - 3 minute run/1 minute walk*

*Week 5 - 4 minute run/1 minute walk*

*Week 6 - 4:15 minute run/45 second walk*

*Week 7 - 4:30 minute run/30 second walk*

*Week 8 - continuous run*

*For a more detailed & immersive training plan, contact [amy@qt2systems.com](mailto:amy@qt2systems.com)*