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

Powered by QT2 SYSTEMS

www.qt2systems.com

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

Powered by QT2 SYSTEMS

www.qt2systems.com