

# Six-week Beginner 5K Schedule

A basic 5K schedule that assumes you don't run at all yet, and is designed to get you round comfortably, probably with a few short walk breaks

## WEEK ONE

**Mon** Rest

**Tue** Run 1 min, walk 1 min. Do 10 times

**Wed** Rest

**Thu** Run 2 mins, walk 4 mins. Do 5 times

**Fri** Rest

**Sat** Rest

**Sun** Run 2 mins, walk 4 mins. Do 5 times

## WEEK TWO

**Mon** Rest

**Tue** Run 3 mins, walk 3 mins. Do 4 times

**Wed** Rest

**Thu** Run 3 mins, walk 3 mins. Do 4 times

**Fri** Rest

**Sat** Rest

**Sun** Run 5 mins, walk 3 mins. Do 3 times

## WEEK THREE

**Mon** Rest

**Tue** Run 7 mins, walk 2 mins. Do 3 times

**Wed** Rest

**Thu** Run 8 mins, walk 2 mins. Do 3 times

**Fri** Rest

**Sat** Rest

**Sun** Run 8 mins, walk 2 mins. Do 3 times

## WEEK FOUR

**Mon** Rest

**Tue** Run 8 mins, walk 2 mins. Do 3 times

**Wed** Rest

**Thu** Run 10 mins, walk 2 mins. Do twice then run for 5 mins

**Fri** Rest

**Sat** Rest

**Sun** Run 8 mins, walk 2 mins. Do 3 times

## WEEK FIVE

**Mon** Rest

**Tue** Run 9 mins, walk 1 min. Do 3 times

**Wed** Rest

**Thu** Run 12 mins, walk 2 mins. Do twice then run for 5 mins

**Fri** Rest

**Sat** Rest

**Sun** Run 8 mins, walk 2 mins. Do 3 times

## **WEEK SIX**

**Mon** Rest

**Tue** Run 15 mins, walk 1 min. Do twice

**Wed** Rest

**Thu** Run 8 mins, walk 2 mins. Do 3 times

**Fri** Rest

**Sat** Rest

**Sun** 5K Race!

***On race day:*** You will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly, and don't wait until you are exhausted before taking some one-minute walk breaks.