

10 Week Beginner 5K Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Minute Walk	Warm-up: Walk 5 Minutes Run One Minute Walk Four Minutes 6 Times (30 Minutes)	Rest	Warm-up: Walk 5 Minutes Run One Minute Walk Four Minutes 6 Times (30 Minutes)	10 Minute Walk	Warm-up: Walk 5 Minutes Run One Minute Walk Four Minutes 6 Times (30 Minutes)	Rest
2	10 Minute Walk	Warm-up: Walk 5 Minutes Run 2 Minutes Walk 3 Minutes 6 Times (30 Minutes)	Rest	Warm-up: Walk 5 Minutes Run 2 Minutes Walk 3 Minutes 6 Times (30 Minutes)	10 Minute Walk	Warm-up: Walk 5 Minutes Run 2 Minutes Walk 3 Minutes 6 Times (30 Minutes)	Rest
3	Warm-up: Walk 5 Minutes Run 3 Minutes Walk 2 Minutes 6 Times (30 Minutes)	Warm-up: Walk 5 Minutes Run 3 Minutes Walk 2 Minutes 6 Times (30 Minutes)	Rest	Warm-up: Walk 5 Minutes Run 3 Minutes Walk 2 Minutes 6 Times (30 Minutes)	10 Minute Walk	Warm-up: Walk 5 Minutes Run 3 Minutes Walk 2 Minutes 6 Times (30 Minutes)	Rest
4	Warm-up: Walk 5 Minutes Run 4 Minutes Walk 1 Minutes 6 Times (30 Minutes) Cooldown Walk: 3 Minutes	Warm-up: Walk 5 Minutes Run 4 Minutes Walk 1 Minutes 6 Times (30 Minutes) Cooldown Walk: 3 Minutes	Rest	Warm-up: Walk 5 Minutes Run 4 Minutes Walk 1 Minutes 6 Times (30 Minutes) Cooldown Walk: 3 Minutes	10 Minute Walk	Warm-up: Walk 5 Minutes Run 4 Minutes Walk 1 Minutes 6 Times (30 Minutes) Cooldown Walk: 3 Minutes	Rest

5	Warm-up: Walk 5 Minutes Run 5 Minutes Walk 1 Minutes 5 Times (30 Minutes) Cooldown Walk: 3 Minutes	Warm-up: Walk 5 Minutes Run 5 Minutes Walk 1 Minutes 5 Times (30 Minutes) Cooldown Walk: 3 Minutes	Rest	Warm-up: Walk 5 Minutes Run 5 Minutes Walk 1 Minutes 5 Times (30 Minutes) Cooldown Walk: 3 Minutes	Walk 10 Minutes	Warm-up: Walk 5 Minutes Run 5 Minutes Walk 1 Minutes 5 Times (30 Minutes) Cooldown Walk: 3 Minutes	Rest
6	Warm-Up: Walk 5 Minutes Run 6 Minutes, Walk 2 Minutes 4 Times (32 Minutes) Cooldown Walk 3 Minutes	Warm-Up: Walk 5 Minutes Run 6 Minutes, Walk 2 Minutes 4 Times (32 Minutes) Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run 6 Minutes, Walk 2 Minutes 4 Times (32 Minutes) Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run 6 Minutes, Walk 2 Minutes 4 Times (32 Minutes) Cooldown Walk 3 Minutes	Rest
7	Warm-Up: Walk 5 Minutes Run 7 Minutes Walk 3 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Warm-Up: Walk 5 Minutes Run 7 Minutes Walk 3 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run 7 Minutes Walk 3 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run 7 Minutes Walk 3 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest
8	Warm-Up: Walk 5 Minutes Run 8 Minutes Walk 2 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Warm-Up: Walk 5 Minutes Run 8 Minutes Walk 2 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run 8 Minutes Walk 2 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	10 Minute Walk	Warm-Up: Walk 5 Minutes Run 8 Minutes Walk 2 Minutes 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest

9	Warm-Up: Walk 5 Minutes Run 9 Minutes Walk 1 Minute 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Warm-Up: Walk 5 Minutes Run 9 Minutes Walk 1 Minute 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run 9 Minutes Walk 1 Minute 3 Times (30 Minutes) Cooldown Walk 3 Minutes	10 Minute Walk	Warm-Up: Walk 5 Minutes Run 9 Minutes Walk 1 Minute 3 Times (30 Minutes) Cooldown Walk 3 Minutes	Rest
10	Warm-Up: Walk 5 Minutes Run: 30 Minutes Cooldown Walk 3 Minutes	Warm-Up: Walk 5 Minutes Run: 30 Minutes Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run: 30 Minutes Cooldown Walk 3 Minutes	Rest	Warm-Up: Walk 5 Minutes Run: 30 Minutes Cooldown Walk 3 Minutes	Rest

Information to Remember:

Before starting this plan you should be able to walk 10-15 minutes consistently. If you are not to that point yet, please get with me, and we can get you there. Please also consult with your doctor before beginning any new fitness plan.

The running portion of this plan, especially at the beginning, should be at a conversation pace. That means you should be able to talk and carry on a conversation during the running portion without being out of breath. As the plan moves forward, and as you begin to feel more comfortable, you can slowly begin to try to do the running portion at a faster pace.

Be sure to do the warm-up and cooldown portion of each workout. This will slowly start to raise your heart rate to start a workout and then slowly lower your heart rate to end a workout.

You can set up many of these workouts on fitness watches or on free applications on your smartphone. (Examples are Garmin and Runkeeper). If you need assistance on learning how to set these up please feel free to contact me via email and I can send you instructions on how to do so.

Most importantly, have fun with these workouts and do them with a friend or friends. You can adjust the days of the workouts to fit your schedule. If you need to miss a day that is okay, do not attempt to make up a day by stacking up workouts with no rest days. The goal is to get you to the point of being able to run or run/walk a 5k, and to get you to the starting and finish line feeling great!

A great night to do your Tuesday workouts will be at the Bluffton Parks 5 Week 5k Series. While you might not be finished with the 5k at the end of your workout, you can walk the rest, or continue the running and the walking portions of your workout until you finish.

If you have any questions with this plan please email me at **d.johnson.8381@gmail.com**