

5K Training Plan

Starting to run for a beginner can be extremely tough, especially without a plan.

This training plan can help any new runner start up their running experience.

If you follow it with a positive mindset, you will no doubt succeed.

All you need in order to begin this plan is some running shoes, around 10-30 minutes of a few days each week, and 10 weeks of motivation.

Once you've started up, then you'll be able to get off that couch and get in shape in no time.

Using this plan is simple.

Just start the training on week 1, and progress through the days normally.

In the beginning, you will be doing lots of walking as warm ups and cool downs.

Later on, when you've experienced long periods of running, you won't need to walk as much.

Around week 6, you will stop walking as a warm up.

Around week 9, you will be done walking altogether.

Week-1	16-Aug	Form & Stretching
Week-2	23-Aug	Pre/Post Run Nutrition
Week-3	30-Aug	Preventing Running Injuries/Running Injured
Week-4	6-Sep	Making Running Less Painful/Shin Splints
Week-5	13-Sep	Building Muscle/Body Remodeling
Week-6	20-Sep	Motivation
Week-7	27-Sep	Unhealthy Effects of Being Inactive
Week-8	4-Oct	Why Train for a 5k
Week-9	11-Oct	Pacing
Week-10	18-Oct	Running Safety

Training Schedule

Week	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
1	5 min walk 2 min jog 5 min walk	Relax	5 min walk 2 min jog 5 min walk	Relax	5 min walk 3 min jog 5 min walk	Relax	Relax
	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
2	5 min walk 3 min jog 5 min walk	Relax	5 min walk 4 mn jog 5 min walk	Relax	5 min walk 5 min jog 5 min walk	Relax	Relax
	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
3	5 min walk 6 min jog 5 min walk	Relax	4 min jog 5 min walk 4 min jog 5 min walk	Relax	5 min walk 7 min jog 5 min walk	Relax	Relax
	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
4	5 min walk 7 min jog 5 min walk	Relax	5 min walk 8 min jog 5 min walk	Relax	5 min walk 9 min jog 5 min walk	Relax	Relax
	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
5	5 min walk 9 min jog 5 min walk	Relax	6 min jog 5 min walk 6 min jog 5 min walk	Relax	5 min walk 10 min jog 5 min walk	Relax	5 min walk 11 min jog 5 min walk
	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
6	5 min walk 11 min jog 5 min walk	Relax	13 min jog 5 min walk	Relax	15 min jog 5 min walk	Relax	Relax
	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
7	15 min jog 5 min walk	Relax	8 min jog 5 min walk 8 min jog 5 min walk	Relax	16 min jog 5 min walk	Relax	17 min jog 5 min walk
	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	
8	17 min jog 5 min walk	Relax	18 min jog 5 min walk	Relax	20 min jog 5 min walk	Relax	Relax
	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
9	20 min jog	Relax	12 min jog 5 min walk 12 min jog	Relax	24 min jog	Relax	25 min jog
	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
10	25 min jog	Relax	27 min jog	Relax	30 min jog	Relax	Relax